

Tofu Stroganoff

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This may sound unusual, but this simple meal is a delicious use of tofu - it's creamy, rich and very nutritious. Serve over noodles or rice depending on your tastes.

Ingredients:

675g extra-firm tofu, drained
2 onions
250g mushrooms
2 cloves of garlic
2 tbsp. soy sauce
350g cottage cheese, blended if you prefer a smooth consistency
2 tbsp. sour cream
1 sprig fresh dill, finely chopped
Salt and pepper to taste
Oil to fry

Directions:

1. Dice the tofu. Finely slice the onions and mushrooms. Mince the garlic cloves.
2. Heat a little oil in a frying pan. Fry the tofu for 5 minutes on each side until lightly browned. Remove the tofu and set to one side. Add the onions and cook until golden and tender, then add the mushrooms, garlic and soy sauce and cook until softened.
3. Mix cottage cheese, sour cream and dill in a bowl. Add to the pan along with the tofu. Cook until just heated through and serve immediately.

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