



Cold Tofu With Braised Mushrooms

Ingredients



Lower in Sodium



Prep time
10 mins



Cook time
15 mins



Serves up to
4 pax

- 2 tsp healthier oil
- 1 tbsp garlic, minced
- 200g buna-shimeji mushrooms
- A pinch of pepper
- 2 tsp lower-sodium soy sauce
- 1 tsp healthier dark soy sauce
- 5 tsp lower-sodium abalone sauce or oyster sauce
- 1 box silken tofu, chilled
- 1 spring onion, chopped for garnishing
- ½ tsp fried shallot crisps for garnishing
- ½ tsp sesame oil for garnishing

Steps

01 Add healthier oil and garlic in a pre-heated pan. Sauté till fragrant.

02 Add mushrooms and continue to stir-fry until they have softened. Season lightly with pepper.

03 Add lower-sodium soy sauce, healthier dark soy sauce and abalone sauce to the pan to create a sauce mixture. Add a spoonful of water if required to thin the sauce to desired consistency.

04 Remove tofu from packaging and plate.

05 Spoon the mushrooms and sauce over the tofu.

06 Garnish with spring onion, shallot crisps and sesame oil. Serve chilled.

Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as mushrooms, instead of salt, for added depth of flavour.