

# Soy mushrooms with spinach & tofu



## Soy mushrooms with spinach & tofu

**Preparation:** about 15 minutes

**Cooking:** about 20 minutes

**Serves:** 4

2 tbs olive oil  
2 small red onions, cut into thin wedges  
2 garlic cloves, finely chopped  
1 tsp sesame oil  
200g small button mushrooms  
200g Swiss brown mushrooms, thickly sliced  
1/2 cup vegetable or chicken stock sauce  
2 tbs mirin  
2 tbs soy  
1 tbs brown sugar  
2 tsp cornflour  
150g oyster mushrooms, halved lengthways  
100g baby spinach leaves  
250g firm tofu, drained and diced  
Steamed jasmine rice, to serve



### **Mushrooms:**

- Source of B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.

1. Heat oil in a large heavy-based frying pan over medium heat. Add onion and cook, stirring often, for 4–5 minutes or until tender.
2. Add garlic, sesame oil and button and Swiss brown mushrooms to pan. Cook, stirring often, for 1 minute. Stir in stock, mirin, soy sauce and brown sugar. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 10 minutes.
3. Transfer 2 tablespoons stock mixture from the pan to a small bowl. Stir in cornflour and mix until smooth. Add cornflour mixture, oyster mushrooms and spinach to pan. Gently stir to combine. Cover and cook for 2 minutes. Gently toss through tofu. Serve with steamed jasmine rice.