

TOFU CRUMBLE WITH MUSHROOMS AND ROASTED BEETS



Menù Ingredients

40 g. Solofungo Poker Natura - FVP

q.s. Olio extravergine di oliva - Extra Virgin Olive Oil - EKC

Ingredients

80g. Tofu

3 g. Turmeric

15 ml. Soy sauce

80 g. Roasted Beets

q.s. Mix Sprouts

1 Spring of Thyme

q.s. Toasted sesame oil

Chef: Maurizio Ferrari

Gluten Free

Method

Serve 1

In a bowl crumb the tofu with your hands, stir in the turmeric and toss in a pan with a drizzle of oil, season with salt and pepper. In another pan with a drizzle of toasted sesame oil and thyme, sauté the mushrooms with the soy sauce. Arrange the tofu in the center of the plate, add the mushrooms, the beets and finish with a drizzle of extra virgin olive oil. Garnish with mixed sprouts