# 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

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