

MUSHROOM AND TOFU SANG CHOY BAU

Preparation time: 20 minutes

Cooking Time: 8 minutes

Serves: 4



Ingredients

- 1 Iceberg lettuce, leaves separated
- 2 tablespoons tamari or salt reduced soy sauce
- 1 tablespoon mushroom oyster sauce (vegetarian)
- 2 tablespoons tomato sauce
- 1 tablespoon peanut oil
- 350g button mushrooms, finely chopped
- 1 carrot, shredded
- 3 green onions, sliced diagonally
- ½ yellow capsicum, deseeded, cut into ½ cm dice
- 125g sliced water chestnuts, chopped
- 200g firm tofu, drained, cut into 1/2cm dice

Nutritional Information:

Kilojoules 740 kJ
Calories 175 cal
Protein 11 g
Total fat 9 g
Saturated fat 1 g
Carbohydrate 11 g
Sodium 625 mg
Potassium 675 mg
Calcium 194 mg
Iron 6 mg
Fibre 6 g

Method

1. Place lettuce in a large bowl of iced cold water for 5 minutes. Drain lettuce leaves. Pat dry with paper towel. Place in a loose plastic bag and refrigerate until required. Combine tamari, mushroom oyster and tomato sauce in a jug. Set aside.
2. Heat oil in a wok over high heat. Add mushrooms. Stir-fry for 2-3 minutes until just tender. Add carrot, green onions, capsicum and water chestnuts. Stir-fry for 2 minutes or until hot. Add sauce mixture and tofu. Toss until well combined and tofu is hot.
3. Place lettuce cups on a serving platter. Spoon mushroom mixture into lettuce cups and serve immediately.

Tips

Tamari is a traditional Japanese, naturally fermented soy sauce. Tamari is also often, but not always wheat free, so be sure to check labels when looking to choose a wheat free sauce.

Mushroom oyster sauce is a sauce traditionally made from mushroom oysters, which are named for their oyster-like shape. If this specific sauce is not available in your local supermarket or Asian grocer, then mushroom sauce works well as a substitute.

