



CookinBig

Sautéed Tofu With Spring White Garlic.



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
4



TYPE OF DISH
MAIN



PREPARATION TIME
30 MINUTES



GARLIC VARIETY
SPRING WHITE

Ingredients

- 4 cloves of Spring White Garlic
- 1 Onion
- 1 Red Bell Pepper
- 1 Green Bell Pepper
- 1 Zucchini
- 250 gr of Tofu
- Fresh Parsley
- Extra Virgin Olive Oil
- Salt

Step by Step



1. Peel and finely laminate the Spring White Garlic cloves.
2. Cut the Onion, Zucchini and Peppers in thin stripes.
3. Drain the Tofu and dice it in pieces of approximately one finger width.
4. Put a wok or a non-stick pan on medium heat and add a dab of Oil.
5. When the Oil is hot add the Garlic and wait for it to Brown. At that time add the rest of the vegetables and a pinch of Salt.
6. Sautee for a few minutes and then incorporate the Tofu. Cook for a few more minutes until the Tofu changes color, and remove from the heat.



DISH PRESENTATION:

7. Place the sautéed vegetables and Tofu on a plate and decorate with a sprig of fresh Parsley.

TIPS FROM THE CHEF Miguel Ángel Mateos:

- We can enrich the flavor of this dish adding a few slices of Ginger just at the time when we are cooking the Garlic, to add a nice aroma to our sauté.
- To give our dish a juicier finishing touch, we can add a bit of Soya, Kimchi or Teriyaki sauce at the last moment, just before removing the pan from the heat.