

Wok de verduras, trozos miso y tofu frito



Ingredientes

Ingredientes para 10 raciones:

2,5 kg de mezcla china de verduras
Ardo

100 g de cebolleta Ardo

20 g de ajo en cubos Ardo

500 g de tofu

3 cucharadas de miso

3 dl de caldo de verduras

100 g de maicena

1 dl de aceite de cacahuete

Cilantro

Semillas de sésamo

Modo de preparación

1. Steam the China mix briefly to thaw it.
2. Dissolve the miso in the warm vegetable stock.
3. Stir-fry the China mix in a wok using the peanut oil over a high heat.
4. Add the stock with miso and continue to stir-fry until almost all the liquid has evaporated. Garnish with the spring onion.
5. Cut the tofu into about 1.5 cm cubes, coat them in the cornflour and fry them until crispy in the deep fat fryer.
6. Divide the vegetables between the plates and garnish with crispy tofu, sesame and a few sprigs of coriander.

Alérgenos

Sesame

Nuts

