



UNIT 9 - Recipe 18

Stuffed Mushrooms with Soy Filling (Tofu), Tomato Sauce and Rosemary Potatoes From the Oven

for 2 Persons

Quantity / Ingredients

8 giant mushroom caps
200 g soybean meal
1 g thyme
1 clove of garlic, chopped
30 g onions, finely diced
1 egg substitute
salt / pepper, paprika powder
80 g grated vegan cheese

Sauce:

200 g tomatoes, chopped, with sauce
50 g onions, chopped
Salt / pepper, paprika powder, sugar

Potato garnish:

300 g potatoes, waxy
2 cloves of garlic, chopped
1 sprig of rosemary
50 g olive oil
Salt to season

Preparation:

- Peel the potatoes and cut into 2 cm cubes. Pluck the washed rosemary from the stem and chop.
- Mix everything with olive oil and season with salt.
- Preheat the oven to 180°. Spread the potatoes on a baking tray and place in the oven for 20-25 minutes.
- Wash the mushroom caps and drain with kitchen paper.
- Fry the soybean meal in a pan for 2-3 minutes, season, add the diced onion and fry for another 5 minutes. Transfer to a bowl, fold in the egg substitute and half of the vegan cheese. Pour the finished soy mixture into the mushroom caps.
- Sauce: Fry the onions in the frying pan until translucent, add the tomatoes and spices and bring to the boil.
- Then layer the mushrooms in the sauce, sprinkle the remaining cheese on top of the mushrooms and place in the oven with the potatoes for 20 minutes.





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