



Tofu and Mushrooms Stir Fry



Serving
3



Prep
10 Minutes



Cook
20 Minutes



Contributer
Ky Anh Alex Nguyen – BSc, MPH
Nutrition and Dietetics Student

- 1 block Firm tofu, cut into 1 inch cubes
- 1 cup Shiitake mushroom,* sliced
- 1 cup Enoki mushroom*
- 2 Garlic cloves, minced
- 1 tbsp Low sodium soy sauce
- 1 tsp Sugar
- 1 tbsp Oyster sauce
- 1 tbsp Olive oil

**You can use any type of mushrooms.*

1. In a large pan, heat up oil on medium high heat, add the tofu cubes and sear until golden, about 2 minutes on each side.
2. Remove the tofu and set aside. Add the minced garlic to the pan and stir on medium heat until fragrant. Add the mushrooms and sauté for 2 minutes.
3. In a bowl, mix together soy sauce, oyster sauce, sugar and 2 tbsp of water.
4. Add the tofu and the sauce mix to the pan and stir until everything is coated nicely for another minute. Serve hot with rice.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement