Main dishes / Germany

egg noodles with firm tofu and mushrooms · Germany

A modern Germany-inspired noodle or pasta dish with cultivated mushrooms and firm tofu.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g egg noodles
- ☐ 500 g cultivated mushrooms
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the egg noodles according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the cultivated mushrooms and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the cultivated mushrooms and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the German mustard, caraway seeds, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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