Main dishes / Netherlands

firm tofu and fennel skillet · Netherlands

A savoury Netherlands-inspired Studio variation with fennel, firm tofu and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g firm tofu
- ☐ 180 ml low-salt vegetable stock
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g fennel
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

01 Clean the fennel and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the fennel and cook for a few minutes.

03 Add the stock, cover and simmer for 10 minutes until the vegetables are tender.

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

05 Combine the cooked main ingredient with the vegetables. Stir in the mild mustard, ground nutmeg, chives and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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