Main dishes / United States

# firm tofu and butternut squash skillet · United States

A savoury United States-inspired Studio variation with butternut squash, 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
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g butternut squash
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

## Let's make it.

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

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

03 Add the stock, cover and simmer for 15 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 smoked paprika, ground cumin, fresh parsley 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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