



MISO MUSHROOM AND TOFU STEW

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tbsp olive oil
- 2 large leeks, sliced
- pinch of salt
- 2 cloves garlic, crushed
- 250g chestnut mushrooms, sliced
- 3 tsp miso paste
- 1 tin coconut milk
- 250g cooked puy lentils
- 280g packed tofu, chopped into squares
- handful of kale, chopped
- black pepper
- quinoa, cauliflower rice or brown rice to serve

METHOD

- Heat a large pan over a medium heat and add the olive oil. Once warm add the leeks, garlic and a pinch of salt and cook for 8 minutes.
- Add the mushrooms and cook until the mushrooms are lightly brown.
- Add the miso paste and coconut milk.
- Mix well, then cover with a lid and leave to cook for 10 minutes.
- Add the puy lentils and chopped tofu and stir everything together.
- Add the chopped kale and leave until soft and wilted.
- Add a good grind of black pepper and serve.
- Any leftovers will store well in the fridge for the next day.

PREP TIME

- 30 minutes

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