

Tofu Parmigiana

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Tofu Parmigiana

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Instead of having a greasy, battered coating, the tofu 'steaks' in our revamped Parmigiana are breaded and lightly pan-fried in just a small amount of oil then topped with part-skim mozzarella, fresh basil and your favourite marinara sauce.

This Italian classic will please even those who are tofu-phobic.

Ingredients (serves 4)

- ¼ cup plain dry breadcrumbs
- 1 tsp Italian seasoning
- 1 x 400 g package firm or extra-firm water-packed tofu, rinsed
- ¼ tsp garlic powder
- 2 tsp plus 1 tbsp extra-virgin olive oil, divided
- 1 small onion, chopped
- 230 g white mushrooms, thinly sliced
- ¼ cup grated Parmesan cheese
- ¾ cup prepared marinara sauce, preferably low-sodium
- ½ cup shredded part-skim mozzarella cheese
- 2 tbsp chopped fresh basil
- Salt, to taste

Method

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Combine breadcrumbs and Italian seasoning in a shallow dish. Cut tofu lengthwise into four steaks and pat dry. Sprinkle both sides of the tofu with garlic powder and salt and then dredge in the breadcrumb mixture.

Heat two teaspoons oil in a large non-stick skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about three minutes. Add mushrooms and cook until they release their juices and begin to brown, four minutes more. Transfer to a bowl. Add the remaining one tablespoon oil to the pan. Add the tofu steaks and cook until browned on one side, about three minutes. Turn over and sprinkle with Parmesan. Spoon the mushroom mixture over the tofu, pour marinara over the mushrooms and scatter mozzarella on top. Cover and cook until the sauce is hot and the cheese is melted, about three minutes. Sprinkle with basil and serve.

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