

LINDSAY IS VEGAN'S

BEER CHOW MEIN AND TOFU

(serves 4)

Ingredients

- 1 tbsp coconut oil
- 1 white onion chopped
- 1 yellow pepper sliced
- 1 head of broccoli chopped
- 1 tbsp chopped ginger
- 1 cloves of garlic chopped
- 1 handful of enoki mushrooms chopped
- $\frac{1}{4}$ cup of soy sauce
- 1 cup of hoppy beer
- 1 block of firm tofu sliced
- 1 cup of corn starch
- $\frac{1}{2}$ cup of canola oil
- 2 cups cooked shanxi noodles

CHOW MEIN

- Boil some water and cook the shanxi noodles for about 2-3 minutes until they're soft
- Heat up the coconut oil in a pan
- Add the ginger, garlic, onion, broccoli, and pepper all at once until the onions are soft
- Add the soy sauce and enoki mushrooms
- Once everything is mixed together add the cooked noodles and stir in $\frac{1}{4}$ - $\frac{1}{2}$ cup of the beer from the tofu as per your taste

TOFU

- Take the sliced tofu and marinate it in the beer for 8-12 hours. Or if you're like me and never read the recipe thoroughly beforehand, don't worry too much about it.
- Heat up the canola oil in a pan on medium heat
- Take the tofu and cover with cornstarch until it's covered on all sides
- Fry up the tofu until all sides are slightly brown and crunchy
- Serve on top of the chow mein!

