

# MALAY MUSHROOM AND TOFU RENDANG

AUSTRALASIA  
/ MALAYSIA

## ORIGINS

According to ancient archives, the origins of this world-renowned dish can be traced back to the Minangkabau community of Padang in West Sumatra and were created, according to ancient archives, as early as 1000-1200AD when Indian traders would bring spices across the Bay of Bengal. The Minang people then began migrating to the Malaysian Peninsula to trade, bringing this spice-rich curry with them.



4



10 min



15 min



## WHAT YOU NEED

- 1/2 pkt (15 g) Malay spice
- 250 g button mushrooms, quartered
- 250 g firm tofu cubed
- 1 onion, chopped
- 1 tsp tamarind concentrate
- 1 tsp brown sugar
- 1 can coconut milk

## HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min.

②

Add mushrooms, sauté 5min, add tamarind, sugar and coconut milk. Cover and simmer 10 min.

③

Add cubed tofu, stir through, rest 5 min.

## HOW TO SERVE

serve with steamed rice, cucumber and peanut salad\*

## HINTS & TIPS

### SIDES & CONDIMENTS

cucumber and peanut salad:

- 100 g cucumber sliced
  - 1 tsp light soy sauce
  - 1 tsp lemon juice
  - 1 tsp sugar
  - 2 tbsp crushed peanuts
  - fresh chilli sliced - optional
- Mix all ingredients together in a bowl.

### SWAPS & ALTERNATIVES

veggie combos: for a heartier version add 1 red capsicum and 1/4 head cauliflower florets. Replace cucumber salad with steam broccoli.  
alternatives: 1 tsp tamarind concentrate = 1/2 lemon zest and juice.

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