

## BROCCOLI DELIGHT



### ***Ingredients (makes 4-5 servings):***

- 3 oz of sliced TSP
- ½ lb broccoli
- ½ C onion
- ½ C sliced mushrooms

### ***TSP preparation:***

1. Soak TSP in warm water for 30 minutes, then squeeze out the water
2. Marinate the TSP in the following mixture:
  - 2 tbsp Vegetarian Oyster Mushroom Sauce
  - ½ Tbsp cold water
  - ½ Tbsp sugar
  - ½ tsp mushroom seasoning
  - ½ tsp sesame oil
  - 2 Tbsp potato or corn starch

### ***Directions:***

1. Blanch broccoli in boiling water for 30 seconds, then remove & cool in cold water
2. Stir fry marinated TSP, then remove from pan
3. Stir fry the onion until soft then add mushrooms. Stir fry.
4. Add broccoli and soy protein to the pan, stir-fry until cooked, then remove all to a serving plate