

Vegetarian Poutine



Be inspired by our vegetarian tofu poutine, a revamped take on the classic Québécois favourite. High in protein and fibre, it lets you enjoy a delicious dish that's also a complete and nutritious meal. Perfect for a comforting dinner, this recipe was developed by a registered dietitian to combine [pleasure and balance](#).

Preparation 5 min
Cooking 20 min
Servings 2
Nutrition Facts (per serving)
Calories 660
Fat 35
Carbohydrates 57
Fibre 6
Protein 29
Sodium 600

Ingredients

- 2 medium potatoes, cut into fry shapes
- 30 ml (2 tbsp) olive oil, divided
- 1 small onion, thinly sliced
- 1 garlic clove (or 5 ml / 1 tsp), minced
- ½ head of broccoli, cut into florets

- 175 ml (¾ cup) smoked tofu, cubed
- 175 ml (¾ cup) mushrooms, sliced
- Pepper and salt, to taste
- 60 ml (¼ cup) cheese curds (or dairy-free alternative)

Vegetarian sauce

- 15 ml (1 tbsp) butter
- 15 ml (1 tbsp) flour
- 125 ml (½ cup) milk (or dairy free alternative)
- 7.5 ml (½ tbsp) Dijon mustard
- 5 ml (1 tsp) chili powder or smoked paprika
- 5 ml (1 tsp) reduced-sodium soy sauce
- 1 garlic clove (or 5 ml / 1 tsp), minced
- Pepper, to taste

Preparation

1. Preheat the oven to 190°C (375°F).
2. On a baking sheet lined with parchment paper, place the potatoes. Drizzle with 15 ml (1 tbsp) olive oil and season to taste. Bake for 25 minutes, turning halfway through.
3. In a large non-stick skillet, heat 15 ml (1 tbsp) olive oil over medium heat. Cook the onion and garlic for 3 to 5 minutes, or until tender.
4. Add the broccoli and tofu. Cook for 8 to 10 minutes.
5. Stir in the mushrooms and cook until soft. Season to taste.
6. Meanwhile, prepare the sauce. In a saucepan, melt the butter over medium heat. Whisk in the flour constantly.
7. Gradually pour in the milk, continuing to whisk until the desired texture is achieved. Add the remaining sauce ingredients, still whisking.
8. Divide the roasted potatoes between two bowls. Top with cooked vegetables, sauce and cheese.

Notes

Best if served immediately.



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