

All About ... MAPO TOFU



Serve: 4 Pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 2 Tbsp of corn oil • 93g Mapo Mala Mix • 150g shitake mushroom, rehydrated & chopped • 1 ½ Tbsp spicy bean sauce 辣豆瓣酱 • 160ml water or mushroom water • 1 Tsp sugar • 2 Tsp cornstarch • 600g silken tofu, cubed <p><u>Optional</u></p> <ul style="list-style-type: none"> • 1 Tsp sesame oil to be added at step 9 <p>Mapo Mala Mix (93g)</p> <ul style="list-style-type: none"> • 1 Tbsp of ground Sichuan peppercorn, 3 Tbsp minced ginger & garlic each, 1½ Tbsp fermented black bean 黑豆酱, 2 chopped bird's eye chilli 	Energy (kcal)	210
	Carbohydrate (g)	8
	Protein (g)	10
	Fat (g)	14
	• Saturated Fat (g)	1.8
	• Polyunsaturated Fat (g)	>7.4
	• Monounsaturated Fat (g)	>3.5
	Cholesterol (mg)	0
	Dietary Fibre (g)	6.5
	Sodium (mg)	450
	Potassium (mg)	>543
Phosphate (mg)	>204	

Methods

1. In a wok over medium low heat, heat up corn oil and fry Mapo Mala Sauce Mix until fragrant.
2. Turn up heat to medium and add in mushrooms.
3. Cook until the mushrooms are cooked down, about 5 mins.
4. Add in spicy bean sauce and stir it in.
5. Turn up the heat to high, add in water and sugar.
6. Bring the sauce to a boil.
7. Mix 1 tbsp of water to the cornstarch and add it to the sauce for thickening.
8. Add tofu to the wok and gently toss the tofu in the sauce.
9. Simmer for 3-5 minutes.
10. Serve hot with brown rice and a fruit to complete your meal.

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