

Mapo Tofu (Meat and Vegetarian version)

By: TomahawKitchen

Ingredients:

Firm Tofu 1.5 cup (one regular size pack, usually 350g)
Minced pork $\frac{2}{3}$ cup (or Mushroom 2 cup for vegetarian version)
1 Leek
3-5 Garlic cloves
Vegetable Oil 1 TBSP
Chili Bean Sauce 1 TBSP
Soy sauce 1 TBSP
Chinese cooking wine 1 TBSP
Corn starch 1 TBSP (or AP flour 1 TBSP)
Salt 1 tsp
Sugar 1 tsp
1 scallion for garnish

Optional: Sesame oil 1 tsp, Sichuan peppercorn oil 1 tsp and Chili Oil 1 tsp

Method:

1. Slice leek, chop garlic and scallion. Finely chopped mushrooms.
2. Cut tofu into bite-sized pieces
3. Blanch tofu cubes in salted water for about 5 minutes. Scoop out to drain excessive water
4. Add oil to a hot pan, saute minced pork (or finely diced mushroom for vegetarian version) with garlic until fragrant
5. Stir in with Chilli bean sauce and chinese cooking wine
6. Add water, soy sauce and sugar, turn up to high heat, add the drained Tofu cubes
7. Add corn starch (or AP flour) into some water to make a slurry. Add it bit by bit to thicken the sauce.
8. Garnish with chopped scallion
9. Serve with steamed rice

Optional: Drizzle sesame oil, chili oil or sichuan peppercorn oil

Nutrition

The above recipe will make 6 servings

Meat version

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	199
	% Daily Value*
Total Fat 6.6g	8%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 515mg	22%
Total Carbohydrate 23.7g	9%
Dietary Fiber 2.5g	9%
Total Sugars 2.4g	
Protein 12.6g	
Vitamin D 0mcg	0%
Calcium 215mg	17%
Iron 2mg	14%
Potassium 277mg	6%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</i>	
Recipe analyzed by verywell	

Vegetarian version

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 5.2g	7%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 518mg	23%
Total Carbohydrate 25g	9%
Dietary Fiber 2.9g	10%
Total Sugars 3.1g	
Protein 10.7g	
Vitamin D 150mcg	750%
Calcium 215mg	17%
Iron 4mg	20%
Potassium 409mg	9%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</i>	
Recipe analyzed by verywell	