KOREAN · DINNER · LUNCH

Doenjang Jjigae Soybean Paste Stew

25 min · Serves 3 · 180 kcal a serve · Video 5:31 · Seonkyoung Longest

Pescatarian · No dairy listed · No nuts listed

Tofu, zucchini and mushrooms in a doenjang broth: about 180 kcal and 18 g of protein a serve, rich in calcium and selenium, with no oil, no added sugar and nothing fried. It is salty (about 1,150 mg sodium a serve).

Diet notes: Low carb (8.5 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.3 g, 6% of the energy); Gluten-free with a swap: Many doenjang brands contain wheat; look for a gluten-free labelled doenjang or use a wheat-free miso.

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Ingredients 7 · SERVES 3

- [ ] 2½ cups **Korean stock** (kelp, dried shiitake, aromatics, dried anchovies and dried shrimp or pollack)
- [ ] 3½ Tbsp **doenjang** (Korean fermented soybean paste)
- [ ] 6 oz **Korean squash or zucchini**, quartered lengthwise and thinly sliced
- [ ] 4 oz **oyster mushrooms** (or any mushroom), torn into bite-sized pieces
- [ ] 8 oz **medium-firm tofu** (about ½ block), cut into ½-inch cubes
- [ ] 2 **green onions**, chopped
- [ ] 1 **chilli** (green, red or half of each), thinly sliced

Allergens found in the listed ingredients: Gluten, Crustacea, Fish, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour 1 cup of the stock into a thick-based pot or Korean stone pot and whisk in the doenjang until no big lumps remain. Add the remaining 1½ cups of stock and bring to the boil. 0:49
2. Meanwhile quarter the zucchini lengthwise and slice it thinly, tear the mushrooms into bite-sized pieces, cube the tofu, chop the green onions and slice the chilli. 1:40
3. When the soup is boiling, carefully add the tofu, mushrooms and zucchini and bring back to the boil over high heat. 2:47
4. Scatter the green onions and chilli over the top and turn off the heat straight away; they only need the residual warmth. 3:11
5. Serve bubbling hot with bowls of freshly cooked rice. 3:33

> **Tip** Serves 3 with rice (our estimate). Doenjang is salty, so taste before adding more. For a vegetarian version, make the stock with kelp and dried shiitake only.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
180 kcal	18 g	13 g	4.7 g	8.2 g	840 mg
750 kJ	36% of a day	8.5 g net · 4 g sugars	17% of a day	1.3 g saturated	36% of a day
		5% of a day		10% of a day	

Energy from net carbs 19% · protein 40% · fat 41% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Calcium 42% · Omega-3 34% · Selenium 30% · Vitamin K 26% · Zinc 22% · Magnesium 20% · Vitamin C 20% · Vitamin B6 20%

Source of (10–19%) Iron 17% · Potassium 14% · Folate 14%

Recipe and video: Seonkyoung Longest (@SeonkyoungLongest) on YouTube — youtube.com/watch?v=jsgCd9QGPCU, published 10 January 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/doenjang-jjigae