JAPANESE · LUNCH · DINNER

Goya Champuru (Okinawan Bitter Melon, Tofu and Pork)

ゴーヤーチャンプル

25 min · Serves 2 · 517 kcal a serve

Video 12:41 in Japanese · Koh Kentetsu Kitchen【料理研究家コウケンテツ公式チャンネル】

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No dairy listed · No nuts listed

Tofu, pork belly, egg and bitter melon with no sugar at all: about 30 g protein and under 5 g net carbs a serve; rich in selenium.

Diet notes: Keto (4.6 g net carbs a serve); Gluten-free with a swap: Use tamari instead of soy sauce.

Ingredients 9 · SERVES 2

- [ ] 1 block (about 350 g) momen (firm) tofu
- [ ] ½ **goya** (bitter melon), seeds scraped out, sliced 3 mm thick
- [ ] 150 g thinly sliced **pork belly**, cut into bite-size pieces
- [ ] 1 **egg**
- [ ] a little **vegetable oil** (about 2 tsp in all)
- [ ] **salt** to taste (a pinch for each ingredient)
- [ ] ½–1 tbsp **soy sauce**
- [ ] a pinch of **black pepper** (optional)
- [ ] a pinch of **katsuobushi** (bonito flakes), to serve (optional)

Allergens found in the listed ingredients: Gluten, Fish, Egg, 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. Wrap the tofu in a double layer of paper towel and heat it in the microwave to drive off some of its water, so it browns instead of steaming. 1:37
2. Heat a little oil in a frying pan and put in the whole block of tofu, then break it into rough chunks with a spatula. Salt it well and fry until lightly golden, then lift it out. 2:15
3. Cut the ends off the goya, halve it lengthways and scrape out the seeds and pith (leave some if you like it bitter). Slice about 3 mm thick; salt-rub and pat dry first if you want it less bitter. 3:57
4. Add a little more oil to the same pan and stir-fry the pork belly pieces until the fat starts to run, seasoning with a pinch of salt. 5:27
5. Add the goya and stir-fry briefly so it stays crisp and bright, coating it in the pork fat, with a pinch more salt. 6:46
6. Return the tofu, toss everything together, then add soy sauce down the side of the pan for aroma. 7:33
7. Beat the egg with a pinch of salt and pour it over, turn off the heat and fold gently so the egg just sets around everything. Finish with pepper or bonito flakes if you like. 8:19

> **Tip** Serves 2. In Okinawa it is eaten with rice and miso soup; a side of greens keeps the meal lower in carbs. Okinawans often use firm shima-dofu or canned luncheon meat; this version uses fresh pork belly and ordinary firm tofu.

The method is a summary in our words, in English — the video (in Japanese) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
517 kcal	**30** g	**6.3** g	**1.7** g	**43** g	**800** mg
2,170 kJ	61% of a day	4.6 g net · 2.4 g sugars	6% of a day	12 g saturated	35% of a day
		2% of a day		55% of a day	

Energy from net carbs 4% · protein 23% · fat 73% — fits keto: 4.6 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Omega-3 79% · Selenium 59% · Iron 58% · Calcium 49% · Vitamin B12 44% · Zinc 27% · Vitamin C 21%

Source of (10–19%) Magnesium 17% · Folate 17% · Vitamin B6 15% · Potassium 13% · Vitamin E 10%

Recipe and video: Koh Kentetsu Kitchen【料理研究家コウケンテツ公式チャンネル】 (@kohkentetsukitchen) on YouTube — youtube.com/watch?v=cOoMEa_3Q0Y, published 9 June 2021. 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/goya-champuru-okinawan-bitter-melon-tofu