KOREAN · DINNER · LUNCH

Spicy Soft Tofu Stew with Seafood

25 min · Serves 2 · 531 kcal a serve · Video 11:34 · Maangchi

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Soft tofu with oysters, mussels and shrimp gives about 43 g of protein a serve, more than a day's zinc, selenium and B12, and is rich in iron. The heat comes from pepper flakes, not a sugary paste, but it is salty (about 2,350 mg sodium a serve).

Diet notes: Low saturated fat (4.8 g, 8% of the energy).

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Ingredients 15 · SERVES 2

- [ ] 2 tubes **sundubu** (extra-soft tofu), or 624 g silken tofu
- [ ] 590 ml **anchovy kelp stock**
- [ ] 1 Tbsp **vegetable oil**
- [ ] 60 ml **onion**, finely chopped
- [ ] 2 **garlic** cloves, minced
- [ ] 1 large **king oyster mushroom**, chopped
- [ ] 2 small **green onions** (white parts for cooking, green to finish)
- [ ] 30 g **gochugaru** (Korean hot pepper flakes)
- [ ] 2 tsp **toasted sesame oil**, for the chilli seasoning
- [ ] ¼ tsp **ground black pepper**
- [ ] 6 **shucked oysters** (frozen are fine)
- [ ] 3 **very large shrimp** in the shell, deveined
- [ ] 4–6 **mussels** in the shell, debearded and scrubbed
- [ ] 2 Tbsp **fish sauce**
- [ ] 2 **eggs**, 1 per bowl

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Molluscs, Fish, Egg, Sesame, 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. Chop the onion, garlic, mushroom and the white parts of the green onions; slice the green parts for the garnish. Devein the shrimp, rinse the oysters in salted water and discard any mussels that are already open. 1:06
2. Mix the gochugaru with the sesame oil and black pepper until the flakes look wet and glossy. Set aside. 2:48
3. Heat the oil in a pot and stir-fry the garlic, onion, green onion whites and mushroom for a couple of minutes. Pour in the stock, cover and cook about 5 minutes until boiling. 1:56
4. Add the shrimp, oysters and mussels. Halve each tube of soft tofu, squeeze it into the pot and break it up a little. Season with the fish sauce and stir in half the chilli seasoning. 4:30
5. Cover and cook over medium-high heat 5–6 minutes, until the mussels open and the shrimp are cooked through. 5:35
6. Stir in the rest of the chilli seasoning, crack in the eggs and cook 1–2 minutes until just set. Ladle into 2 bowls with an egg in each, scatter with the green onion tops and serve with rice. 6:33

> **Tip** Maangchi says the 2 servings can stretch to 3 or 4 with rice and side dishes. Squid works too. For a vegetarian stew use vegetable stock, extra mushrooms and salt instead of fish sauce.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
531 kcal	**43** g	**25** g	**6.7** g	**29** g	**1,850** mg
2,220 kJ	86% of a day	19 g net · 4.3 g sugars	24% of a day	4.8 g saturated	81% of a day
		9% of a day		37% of a day	

Energy from net carbs 15% · protein 34% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 573% · Selenium 212% · Omega-3 121% · Zinc 109% · Iron 64% · Vitamin A 56% · Folate 56% · Vitamin B6 49% · Magnesium 47% · Vitamin E 46% · Vitamin K 46% · Potassium 29%

Source of (10–19%) Calcium 17% · Vitamin C 13% · Vitamin D 11%

⚠ One serve has about 81% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=Mq9zeD01kEw, published 23 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/haemul-sundubu-jjigae