JAPANESE · SIDE

Komatsuna Nibitashi (Simmered Greens and Fried Tofu)

小松菜と油揚げの煮びたし

20 min · Serves 3 · 66 kcal a serve

Video 10:42 in Japanese · 奥薗壽子の日めくりレシピ【家庭料理研究家公式チャンネル】

Pescatarian · No dairy listed · No nuts listed

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A light side of leafy greens and fried tofu: about 65 kcal and 4 g net carbs a serve, with 2.6 g added sugar from the mirin; rich in vitamins C and K from the komatsuna.

Diet notes: Low saturated fat (0.5 g, 7% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce.

Ingredients 7 · SERVES 3

- [ ] 7 oz **komatsuna** (Japanese mustard spinach), cut into bite-size lengths
- [ ] 1 **abura-age** (thin fried tofu sheet), cut into strips
- [ ] a little **sesame oil** (about 1 tsp)
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **mirin**
- [ ] 1 tbsp **water**
- [ ] 1 small pack (4 g) **katsuobushi** (bonito flakes)

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

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy, Mustard. 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. Cut the komatsuna into bite-size lengths, then cut the base of the stems apart and rinse well where grit collects between them. 1:12
2. Cut the abura-age into short strips; there is no need to blanch it, as its oil adds richness to the dish. 2:51
3. Mix the seasoning: 1 tbsp each of soy sauce, mirin and water. That is all the liquid the dish needs, because the greens release their own. 3:24
4. Heat a frying pan, add a little sesame oil and stir-fry the stems first. Once they are coated and starting to soften, add the leaves. 4:33
5. When the leaves just wilt, pour in the seasoning, toss everything together and add the abura-age. 5:35
6. Cover, turn the heat to low and steam for 1 minute, then turn off the heat and leave covered about 5 minutes so the greens cook through and soak up the flavour. 5:55
7. Toss in the bonito flakes and serve warm or cold. 8:01

> **Tip** Serves 3 as a side (our estimate; the cook gives an 'easy-to-make' batch). Keeps 2–3 days in the fridge and is good cold. Spinach or bok choy work the same way.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
66 kcal	4 g	5.1 g	1 g	3.4 g	340 mg
280 kJ	8% of a day	4 g net · 3.6 g sugars	4% of a day	0.5 g saturated	15% of a day
		2% of a day		4% of a day	

Energy from net carbs 26% · protein 26% · fat 48%

High in (20%+ of a day) Vitamin C 33% · Vitamin K 26%

Source of (10–19%) Vitamin A 18% · Selenium 13% · Folate 12% · Omega-3 10%

Recipe and video: 奥薗壽子の日めくりレシピ【家庭料理研究家公式チャンネル】(@himekuri-okuzono2021) on YouTube — youtube.com/watch?v=n8I8goJLIIg, published 5 November 2021. 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/komatsuna-nibitashi-simmered-greens-fried-tofu