MALAYSIAN · DINNER · SIDE

Sambal Goreng with Tofu, Tempeh and Green Beans

40 min · Serves 2 · 519 kcal a serve · Video 5:35 · Nomadette Eats

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

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Tofu, tempeh and shrimps give about 35 g of protein a serve, with nearly half a day's calcium and a quarter of a day's fibre. Shallow-frying uses far less oil than the traditional deep-fried version.

Diet notes: Vegan if you leave out the shrimps; Vegetarian with a swap for the shrimps; Low saturated fat (3.7 g, 6% of the energy).

Ingredients 15 · SERVES 2

- [ ] 3 oz **tempeh**, cubed
- [ ] 5 oz (1 block) **firm tofu**, cubed
- [ ] 2½ oz **green beans** (or long beans), chopped
- [ ] 8–9 **shrimps**, peeled (optional: leave out for a vegan dish)
- [ ] 2 tbsp **dried chilli paste** (or sambal oelek)
- [ ] 3–4 **makrut lime leaves**, torn (optional)
- [ ] 1 **red chilli**, sliced
- [ ] 1 tsp **salt**, or to taste
- [ ] 1 tsp **sugar**, or to taste
- [ ] 4–5 **shallots** (or 1 medium onion), for the paste
- [ ] 2–3 cloves **garlic** (for the paste)
- [ ] ½ inch **ginger** (for the paste)
- [ ] ½ inch **galangal** (for the paste)
- [ ] 1 **lemongrass** stalk, inner white core (for the paste)
- [ ] **oil** for shallow-frying (about 3 tbsp stays in the dish: 2–3 tbsp left in the pan for the sambal)

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

Allergens found in the listed ingredients: Crustacea, 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. Blend the shallots, garlic, ginger, galangal and lemongrass core with ¼–½ cup water into a fine paste. Cut the tempeh and tofu into cubes. 0:24
2. Shallow-fry the tempeh in a thin layer of oil until golden and crisp, about 5–7 minutes, and lift out. Lower the heat so it does not spit and fry the tofu until browned and firm, then set aside. 2:05
3. Pour off oil until about 2–3 tablespoons remain. Over low heat, add the blended paste, chilli paste and lime leaves and sauté until fragrant, the paste has dried and the oil turns red. 2:58
4. Add the beans and sauté for about 5 minutes, then add the shrimps and sliced chilli and cook just until the shrimps turn pink. 4:01
5. Return the tofu and tempeh, stir through, and season with salt and sugar to taste. Serve with rice. 4:43

> **Tip** Serve with rice. Leave out the shrimps for a vegan dish. A non-stick pan lets you brown the tofu and tempeh in less oil.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
519 kcal 2,170 kJ	36 g 72% of a day	24 g 16 g net · 8.2 g sugars 9% of a day

FIBRE	FAT	SODIUM
7.9 g 28% of a day	34 g 3.7 g saturated 44% of a day	1,350 mg 59% of a day

Energy from net carbs 12% · protein 28% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 172% · Selenium 71% · Calcium 49% · Vitamin B12 37% · Vitamin E 35% · Vitamin B6 35% · Iron 30% · Magnesium 30% · Vitamin K 30% · Zinc 27% · Vitamin C 26% · Folate 20%

Source of (10–19%) Potassium 19%

⚠ One serve has about 59% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Nomadette Eats (@NomadettEats) on YouTube — youtube.com/watch?v=uugfOvMiLrc, published 13 May 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/sambal-goreng-tofu-tempeh-beans