CHINESE · LUNCH · DINNER

Sweet and Salty Tofu Rice Bowl

30 min · Serves 1 · 894 kcal a serve · Video 9:58 · Yeung Man Cooking

Vegan · No nuts listed

A single bowl with about 47 g of plant protein, mostly from 200 g of extra-firm tofu, which is also rich in calcium when calcium-set. It's a generous one-person meal of roughly 890 kcal.

Diet notes: Low saturated fat (4.6 g, 5% of the energy); Gluten-free with a swap: Use tamari and a gluten-free vegetarian oyster sauce.

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Ingredients 14 · SERVES 1

- [ ] ½ cup **jasmine or sushi rice**, rinsed, cooked in ½ cup water
- [ ] 2 **garlic** cloves, finely chopped
- [ ] a small piece of **ginger**, finely chopped
- [ ] 2½ oz **broccolini**, cut into bite-size pieces
- [ ] 7 oz **extra-firm tofu**, patted dry and cubed
- [ ] 1 tsp **potato starch**
- [ ] ½ cup **water** for the sauce (¼ cup in the slurry, ¼ cup added later)
- [ ] 1 tbsp **plant-based oyster sauce**
- [ ] ½ tbsp **soy sauce**
- [ ] 1 tsp **toasted sesame oil**
- [ ] 1 tbsp **maple syrup**
- [ ] a drizzle of **avocado oil** (about 1½ tsp)
- [ ] ½ stalk **green onion**, chopped
- [ ] 1 tsp **white sesame seeds**

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

Allergens found in the listed ingredients: Gluten, 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. Rinse the rice two or three times, then add ½ cup water and bring to a bubble over medium-high heat. Stir, cover, turn to medium-low and cook 15 minutes, then turn off the heat and let it steam 10 minutes more. 0:30
2. Meanwhile chop the garlic and ginger, cut the broccolini into bite-size pieces, and pat the tofu dry and cut it into cubes. 1:22
3. Stir the potato starch into ¼ cup water, then add the vegetarian oyster sauce, soy sauce, sesame oil and maple syrup. 3:32
4. Heat a drizzle of avocado oil in a nonstick pan over medium heat and fry the tofu 3–4 minutes, then set aside. Sauté the broccolini, garlic and ginger 2–3 minutes. 4:05
5. Return the tofu, pour in the sauce and stir briefly, then add ¼ cup water and simmer 3–4 minutes until glossy. Serve over the rice with green onion and sesame seeds. 5:24

> **Tip** Makes one large bowl; double it for two. Brown rice adds fibre (cook it longer). Any green veg works in place of broccolini.

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

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
894 kcal	**48 g**	**112 g**
3,740 kJ	95% of a day	104 g net · 14 g sugars
		41% of a day

FIBRE	FAT	SODIUM
8.6 g	**32 g**	**1,490 mg**
31% of a day	4.6 g saturated	65% of a day
	41% of a day	

Energy from net carbs 47% · protein 21% · fat 32%

High in (20%+ of a day) Calcium 116% · Selenium 111% · Omega-3 84% · Vitamin K 78% · Vitamin C 74% · Zinc 52% · Magnesium 49% · Iron 42% · Vitamin B6 36% · Folate 31% · Potassium 22%

Source of (10–19%) Vitamin E 11%

⚠ One serve has about 65% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Yeung Man Cooking (@YEUNGMANCOOKING) on YouTube — youtube.com/watch?v=XORa7QtjRi8, published 14 July 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/sweet-salty-tofu-rice-bowl