CHINESE · LUNCH · DINNER

Vegan Kung Pao Tofu

30 min · Serves 2 · 465 kcal a serve · Video 4:52 · Mary's Test Kitchen

Vegan

Extra-firm tofu gives each serve about 32 g of protein, and it is a good source of iron and magnesium. The sauce is sweetened with just 1 tbsp of maple syrup for two.

Diet notes: Low saturated fat (3.4 g, 7% of the energy); Gluten-free with a swap: Use tamari or gluten-free soy sauces and swap the black vinegar (it contains wheat) for balsamic vinegar.

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Ingredients 14 · SERVES 2

- [ ] 340 g **extra-firm tofu**, cubed
- [ ] 1 tbsp **cornstarch**, for coating the tofu
- [ ] a couple of tablespoons **oil**, for frying (about 2 tbsp)
- [ ] 5 **dried red chillies**, halved and mostly deseeded
- [ ] 2 **scallions**, whites cut into lengths, greens chopped
- [ ] 1½ tsp **crushed garlic** (about 3 cloves)
- [ ] 1 tsp finely grated **ginger**
- [ ] 60 ml **vegetable broth**
- [ ] **Soy sauce**: 1 tbsp light soy sauce
- [ ] 1 tbsp **maple syrup**
- [ ] 1 tbsp **Chinese black vinegar**
- [ ] 2 tsp **cornstarch**, for the sauce
- [ ] 1 tsp **dark soy sauce**
- [ ] 1 tbsp **toasted almonds**, to top

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

Allergens found in the listed ingredients: Gluten, Tree nuts, 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. Cut the tofu into bite-sized cubes (no need to press) and toss gently with 1 tbsp cornstarch until coated. 0:22
2. Stir together the vegetable broth, light and dark soy sauce, maple syrup, black vinegar and 2 tsp cornstarch. Halve the chillies and shake out most of the seeds; keep scallion whites and greens separate. 0:50
3. Heat about 2 tbsp oil in a large pan over medium-high heat and fry the tofu until golden on all sides. Drain on paper towel. 1:39
4. In the same pan fry the chillies for 10–15 seconds, add the scallion whites for a few seconds, then the garlic and ginger, stirring so they don't burn. 2:46
5. Stir the sauce and pour it in. As soon as it thickens, turn off the heat, add the tofu and half the scallion greens and fold until coated. 3:11
6. Top with the toasted almonds and remaining scallion greens and serve over plain rice. Add a splash more broth if you want extra sauce. 3:51

> **Tip** Mary topped hers with toasted almonds; roasted peanuts are the classic choice. For less oil, air-fry the tofu at 180 °C for 20–30 minutes instead of pan-frying.

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
465 kcal	**32** g	**23** g	**5.5** g	**31** g	**710** mg
1,950 kJ	64% of a day	17 g net · 6.9 g sugars	20% of a day	3.4 g saturated	31% of a day
		8% of a day		40% of a day	

Energy from net carbs 14% · protein 27% · fat 59% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 141% · Calcium 93% · Selenium 55% · Vitamin K 38% · Iron 31% · Magnesium 31% · Zinc 29% · Vitamin E 26%

Source of (10–19%) Folate 16% · Vitamin B6 16% · Potassium 13%

Recipe and video: Mary's Test Kitchen (@marystestkitchen) on YouTube — youtube.com/watch?v=JCRJ_B8NTo0, published 17 February 2018. 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/vegan-kung-pao-tofu