CHINESE · DINNER

# Vegan Mapo Tofu with Shiitake and Chickpeas

30 min · Serves 4 · 251 kcal a serve · Video 9:02 · Yeung Man Cooking

Vegan · No nuts listed

Chickpeas and mushrooms replace the usual pork, so this mapo tofu is plant-based and low in saturated fat, with plenty of folate, vitamin K and plant omega-3. Dried shiitake give a meaty, savoury depth without stock cubes.

**Diet notes:** Low saturated fat (1.4 g, 5% of the energy).

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## Ingredients 15 · SERVES 4

- [ ] 4 **dried shiitake mushrooms**, simmered then finely diced
- [ ] 2½ cups **water** (simmered with the mushrooms and kept as the sauce base)
- [ ] 3 **green onions**, chopped
- [ ] 1 cup **canned chickpeas**, drained and roughly crushed
- [ ] 1 lb **soft or medium-firm tofu**, cubed
- [ ] 2 cloves **garlic**, finely chopped
- [ ] 1 small piece **ginger**, finely chopped
- [ ] 1–2 tsp **Sichuan peppercorns** (or black peppercorns), toasted and ground
- [ ] 3 tbsp **chilli oil**
- [ ] 1 tsp **chilli powder**
- [ ] 2 tbsp **doubanjiang** (broad bean chilli paste)
- [ ] 1 tsp **cane sugar**
- [ ] 1 tbsp **soy sauce**
- [ ] a splash of **rice vinegar** (about 1 tsp)
- [ ] 2 tsp **potato starch** mixed with 1 tbsp water

**Allergens found in the listed ingredients:** Gluten, 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. Put the dried shiitake and water in a small covered saucepan, bring to a boil and simmer on medium for 10 minutes. Keep the liquid; cool the mushrooms, squeeze them out, remove the stalks and dice finely. 0:24
2. Meanwhile chop the green onions, roughly crush the chickpeas with a fork, cube the tofu and finely chop the garlic and ginger. 0:46
3. Toast the peppercorns in a dry pan for about a minute, then grind them in a mortar and pestle. 4:21
4. Heat the chilli oil over medium heat and sauté the chickpeas and mushrooms for 1–2 minutes, then add the garlic and ginger for another minute. 4:49
5. Stir in the chilli powder, ground pepper and doubanjiang, then pour in the mushroom water and season with the sugar, soy sauce and rice vinegar. 5:30
6. Slowly stir in the starch slurry until the sauce thickens, then gently fold in the tofu and heat through. Serve topped with green onion. 6:14

> **Tip** Serves 4 over rice (our estimate). Use 2 tbsp chilli oil for a milder, lighter version; leftovers keep for 3 days in the fridge.

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

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 251 kcal | 11 g | 20 g |
| 1,050 kJ | 22% of a day | 16 g net · 3.8 g sugars |
| | | 7% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 4.4 g | 14 g | 850 mg |
| 16% of a day | 1.4 g saturated | 37% of a day |
| | 18% of a day | |

**Energy from** net carbs 27% · protein 19% · fat 54%

**High in** (20%+ of a day) Omega-3 72% · Folate 33% · Vitamin K 30% · Selenium 24%

**Source of** (10–19%) Iron 17% · Magnesium 16% · Zinc 15% · Vitamin E 14% · Vitamin B6 13%

**Recipe and video:** Yeung Man Cooking (@YEUNGMANCOOKING) on YouTube — youtube.com/watch?v=2i1UFiDY61U, published 7 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, 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-mapo-tofu-shiitake-chickpea