VIETNAMESE · LUNCH · DINNER · SIDE

Đậu Hũ Sốt Cà (Vietnamese Tofu in Tomato Sauce)

50 min · Serves 3 · 291 kcal a serve · Video 4:01 · RunAwayRice

No dairy listed · No nuts listed

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The tofu is pan-fried in a little oil instead of deep-fried, so each serve has about 23 g of protein for under 300 kcal and is rich in iron and calcium, with only 2 tsp of sugar in the whole pan.

Diet notes: Vegan if you leave out the soy sauce; Vegetarian with a swap for the soy sauce; Low saturated fat (2.3 g, 7% of the energy); DASH-friendly (320 mg sodium a serve); Gluten-free with a swap: Use fish sauce or tamari rather than regular soy sauce to keep it gluten-free.

Ingredients 11 · SERVES 3

- [ ] 2 × 400 g packages **medium-firm tofu**, cut into 2.5 cm cubes
- [ ] 1⅓ tbsp **vegetable oil**, divided
- [ ] ¼ small **onion**, thinly sliced
- [ ] 3 **Roma tomatoes**, cut into thin wedges
- [ ] 1 tsp minced **garlic**
- [ ] 1 tbsp **tomato paste**
- [ ] 120 ml **water**
- [ ] **Soy sauce**: 1 tbsp fish sauce or soy sauce (soy sauce for the vegetarian version)
- [ ] 2 tsp **sugar**
- [ ] ¼ tsp **ground black pepper**
- [ ] 1 **green onion**, thinly sliced

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

Allergens found in the listed ingredients: Gluten, Fish, 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 and drain the tofu, pat dry and cut into 2.5 cm cubes. Let them air-dry on a plate under paper towel. Slice the onion and green onion; cut the tomatoes into thin wedges and halve them. 0:24
2. Heat 1 tbsp oil in a large frying pan over medium-high heat. Fry the tofu in a single layer until golden underneath (about 8 minutes), then 2–3 minutes on each other side, turning gently. Set aside. 1:35
3. Lower the heat to medium, add the remaining 1 tsp oil, the garlic and tomato paste and stir 10–15 seconds. Add the onion and tomatoes and stir-fry 2 minutes. 2:22
4. Add the water, fish sauce or soy sauce, sugar and pepper, return the tofu, cover and simmer on low for 10 minutes. Turn the tofu gently, cover and simmer 10 minutes more. 2:44
5. Scatter with green onion and serve with hot rice. 3:25

> **Tip** Serves 2–4 (we use 3), as a main with steamed rice or as a side. The cook seasons it with fish sauce or soy sauce; soy sauce keeps it vegan.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
291 kcal 1,220 kJ	**23** g 46% of a day	**13** g 11 g net · 7 g sugars 5% of a day	**2.1** g 8% of a day	**19** g 2.3 g saturated 24% of a day	**320** mg 14% of a day

Energy from net carbs 14% · protein 30% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 88% · Iron 83% · Calcium 73% · Selenium 44% · Magnesium 23% · Vitamin K 22% · Zinc 21%

Source of (10–19%) Folate 14% · Vitamin C 13% · Vitamin B6 13% · Potassium 12% · Vitamin E 11%

Recipe and video: RunAwayRice (@RunAwayRice) on YouTube — youtube.com/watch?v=mlC1uaiB2uU, published 7 April 2013. 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/vietnamese-tofu-in-tomato-sauce