



Ma-Po Tofu (Spicy Bean Curd with Beef)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 ounces ground beef
- ☐ 1 medium leek white green washed halved lengthwise cut into 1/2-inch slices (1/2 cup) (and pale parts only)
- ☐ 1 tablespoon soy sauce light
- ☐ 0.5 cup chicken broth low-sodium

- ☐ 4 tablespoons oyster sauce
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 1 teaspoon peppercorns
- ☐ 1 tablespoon korean black bean paste chinese
- ☐ 2 tablespoons korean black bean paste hot chinese (also called chili bean sauce)
- ☐ 0.3 cup rice wine
- ☐ 1 spring onion white green thinly sliced (and parts)
- ☐ 1 tablespoon soya sauce dark
- ☐ 1.5 pounds spicy tofu soft cut into 1-inch cubes (not silken)

Equipment

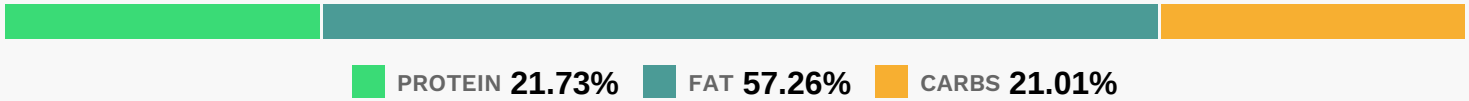
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ In dry heavy skillet over moderate heat, toast peppercorns, stirring, until fragrant, 3 to 5 minutes.
- ☐ Transfer to bowl and let cool, then grind in spice grinder to fine powder. Set aside.
- ☐ In large pot over moderately high heat, bring 4 cups water to boil.
- ☐ Add tofu, remove from heat, and let steep, uncovered, 5 minutes. Using slotted spoon, transfer tofu to medium bowl and set aside.
- ☐ In small bowl, whisk together hot bean paste, black-bean paste, 2 tablespoons oyster sauce, and chili powder. Set aside.
- ☐ In small bowl, whisk together cornstarch and 3 tablespoons water. Set aside.
- ☐ In wok or heavy large sauté pan over moderate heat, heat oil until hot but not smoking.

- ☐ Add beef, ginger, garlic, and scallions and stir-fry until meat is browned, about 1 minute.
- ☐ Add rice wine and cook, stirring occasionally, until most of moisture evaporates, 1 to 2 minutes.
- ☐ Add hot bean paste mixture and cook, stirring occasionally, until mixture is incorporated and oil in pan turns red, about 1 minute.
- ☐ Add tofu, leeks, stock, light and dark soy sauces, and remaining 2 tablespoons oyster sauce and bring to boil.
- ☐ Whisk cornstarch mixture to recombine, then add to pan and cook, stirring occasionally, until juices thicken slightly, about 1 minute.
- ☐ Transfer to serving dish.
- ☐ Sprinkle with Sichuan peppercorn powder and cilantro, if using.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:12.403912945934%

Flavonoids

Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 442.25kcal (22.11%), Fat: 27.57g (42.42%), Saturated Fat: 5.49g (34.34%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 18.76g (6.82%), Sugar: 7.23g (8.03%), Cholesterol: 20.13mg (6.71%), Sodium: 1100.36mg (47.84%), Alcohol: 2.41g (100%), Alcohol %: 0.93% (100%), Protein: 23.54g (47.09%), Vitamin A: 1606.47IU (32.13%), Vitamin E: 4mg (26.67%), Calcium: 265.62mg (26.56%), Iron: 4.42mg (24.57%), Vitamin K: 23.95µg (22.81%), Manganese: 0.4mg (20.22%), Fiber: 4.01g (16.05%), Vitamin B3: 2.82mg (14.08%), Vitamin B6: 0.27mg (13.75%), Vitamin B12: 0.71µg (11.83%), Zinc: 1.52mg (10.11%), Selenium: 6.71µg (9.58%), Phosphorus: 95.49mg (9.55%), Copper: 0.16mg (8.1%), Vitamin B2: 0.14mg (8.08%), Potassium: 282.53mg (8.07%), Magnesium: 25.49mg (6.37%), Folate: 23.94µg (5.99%), Vitamin C: 3.8mg (4.61%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.27mg (2.73%)