



food
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Pan Fried Tofu with Spicy Ginger Soup

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs
- 1 pound broccoli chinese roughly chopped
- 1 pinch cayenne pepper
- 1 hawaiian chile dried chopped
- 0.3 cup cilantro leaves chopped
- 0.5 pound udon noodles cooked
- 2 eggs lightly beaten
- 0.5 tablespoon ginger fresh minced

- 2 inch ginger fresh cut in half
- 2 garlic cloves minced
- 1 bunch green onions julienned
- 2 tablespoons oyster sauce
- 0.5 teaspoon paprika hot
- 2 tablespoons vegetable oil; peanut oil preferred
- 0.3 cup rice vinegar
- 4 servings salt and pepper to taste
- 0.5 cup peanuts salted
- 2 tablespoons sesame oil
- 0.3 cup soya sauce
- 1 pinch sugar
- 1 pound spicy tofu firm
- 1 quart vegetable broth
- 0.5 teaspoon sambal
- 0.5 teaspoon sambal

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- cutting board

Directions

- To prepare the soup, in a saucepan over medium-low heat, combine the vegetable broth, ginger, sugar, rice vinegar, soy sauce, oyster sauce and sambal. Allow to simmer 15 minutes to mingle the flavors.
- To prepare the tofu steaks, cut the tofu block lengthwise, then cut in half to make 4 slabs.

- Lay several layers of paper towels on a cutting board then place the tofu, side by side, on top. Cover the steaks with more paper towels and press down to drain out some of the water in the curd (making it denser and hold together better when cooked.)
- Combine the bread crumbs, cayenne, paprika, salt and pepper. Dip each piece of tofu into the beaten eggs then dredge in the seasoned bread crumbs to coat.
- Heat peanut oil in a skillet over medium-high heat. Fry the tofu steaks 4 minutes each side.
- Remove to a platter lined with fresh paper towels.
- Add sesame oil to the skillet, stir-fry the ginger and garlic with the chili for 2 minutes to build a base flavor.
- Add the broccoli and saute 3 minutes until it begins to soften, season with salt and pepper. Divide the udon noodles and spicy broth among 4 bowls.
- Add the broccoli then lay a piece of tofu on top.
- Garnish with a sprinkle of green onions, cilantro, and peanuts before serving.

Nutrition Facts



PROTEIN 18.98% **FAT 45.81%** **CARBS 35.21%**

Properties

Glycemic Index:125.11, Glycemic Load:12.32, Inflammation Score:-9, Nutrition Score:29.793912918671%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 624.62kcal (31.23%), Fat: 32.69g (50.29%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 47.84g (17.4%), Sugar: 9.52g (10.57%), Cholesterol: 81.84mg (27.28%), Sodium: 2828.49mg (122.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.93%), Vitamin C: 119.43mg (144.77%), Vitamin K: 135.86µg (129.39%), Manganese: 1.09mg (54.3%), Folate: 145.35µg (36.34%), Fiber: 8.68g (34.73%), Vitamin A: 1697.28IU (33.95%), Vitamin B3: 6.22mg (31.08%), Calcium: 292.79mg (29.28%), Vitamin B1: 0.43mg (28.99%), Iron: 4.99mg (27.75%), Selenium: 18.74µg (26.78%), Phosphorus: 267.44mg (26.74%), Vitamin B2: 0.41mg (24.31%), Vitamin B6: 0.44mg (21.97%), Magnesium: 81.89mg (20.47%), Potassium: 707.68mg (20.22%), Vitamin E: 2.56mg (17.08%), Copper: 0.33mg (16.66%), Vitamin B5: 1.5mg (15.03%), Zinc: 1.68mg (11.2%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.44µg (2.93%)