



Stir-Fried Tofu and Shiitake Mushrooms in Spicy Black Bean Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons sriracha
- 1 sprigs cilantro leaves fresh (for garnish)
- 0.3 teaspoon coarse salt
- 1 tablespoon cornstarch
- 18 shiitake mushrooms dried
- 2 tablespoons fermented black beans minced
- 2 tablespoons ginger fresh minced

- 3 garlic clove minced
- 1 small leek white green cut into matchstick-size strips (and pale parts only)
- 3 tablespoons vegetable oil; peanut oil preferred
- 0.3 teaspoon pepper wild black crushed finely (pepper)
- 1 tablespoon rice vinegar
- 2 tablespoons soya sauce
- 1.5 teaspoons sugar
- 28 ounce spicy tofu soft drained cut into 1/2-inch cubes
- 1 cup vegetable stock
- 3 cups water boiling

Equipment

- bowl
- frying pan
- wok
- measuring cup

Directions

- Place mushrooms in large bowl.
- Pour 3 cups boiling water over; let soak until mushrooms soften, at least 25 minutes and up to 4 hours.
- Drain.
- Cut off stems and discard; finely chop caps.
- Dissolve cornstarch in 2 tablespoons vegetable broth in 2-cup measuring cup. Stir in remaining broth, soy sauce, vinegar, sugar, and salt.
- Heat oil in heavy large wok or nonstick skillet over high heat until very hot.
- Add mushrooms; stir-fry until browned, about 3 minutes.
- Add leek; stir-fry until beginning to brown, about 1 minute.

- Add black beans, ginger, garlic, chili-garlic sauce, and peppercorns; stir-fry 30 seconds. Stir cornstarch mixture to blend, then stir into vegetable mixture.
- Add tofu; toss gently to coat with sauce. Reduce heat to low, cover, and simmer until sauce thickens slightly, about 4 minutes.
- Spoon tofu mixture into serving bowl.
- Garnish with cilantro and serve.
- *Available at Asian markets and specialty foods stores and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:5.4639130467954%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 223.57kcal (11.18%), Fat: 13.47g (20.72%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 10.12g (3.68%), Sugar: 2.99g (3.32%), Cholesterol: 0mg (0%), Sodium: 686.3mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.95%), Calcium: 184.16mg (18.42%), Iron: 2.21mg (12.29%), Copper: 0.21mg (10.62%), Fiber: 2.37g (9.5%), Manganese: 0.18mg (9.08%), Vitamin E: 1.25mg (8.35%), Vitamin K: 8.33µg (7.94%), Vitamin B5: 0.72mg (7.17%), Vitamin A: 356.28IU (7.13%), Vitamin B6: 0.1mg (4.93%), Folate: 16.01µg (4%), Vitamin B3: 0.75mg (3.76%), Magnesium: 13.38mg (3.35%), Vitamin B2: 0.06mg (3.24%), Vitamin C: 2.57mg (3.11%), Potassium: 104.31mg (2.98%), Selenium: 1.87µg (2.68%), Phosphorus: 25.49mg (2.55%), Zinc: 0.32mg (2.1%), Vitamin B1: 0.03mg (1.69%)