

STARTER & SNACK

Tofu and Pepper Tempura

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	35 min	35 min	6	\$4.19	669 kcal

You can never have too many hor d'oeuvre recipes, so give Tofu and Pepper Tempuran a try. This recipe serves 6. One portion of this dish contains about 15g of protein, 49g of fat, and a total of 675 calories. For \$4.19 per serving, this recipe covers 19% of your daily requirements of vitamins and mi...

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 12 large bamboo skewers, soaked in water for 15 minutes
- ☐ 1 egg
- ☐ 1 cup all-purpose flour
- ☐ 1 cup diced green pepper
- ☐ 1 cup diced red pepper
- ☐ 6 servings Salt and freshly ground black pepper
- ☐ 6 servings Soy sauce and chives, for dipping, optional
- ☐ 2 cups diced tofu
- ☐ 1 teaspoon yellow food coloring
- ☐ 1 teaspoon baking soda
- ☐ ½ cup cornstarch
- ☐ ½ cup all-purpose flour
- ☐ 6 cups grape seed oil, for frying
- ☐ 1 cup diced red onion
- ☐ ½ teaspoon salt
- ☐ 1 cup mushroom caps
- ☐ 1 teaspoon sugar
- ☐ 2/3 cup iced water

EQUIPMENT Bowl, Frying pan, Skewers

Method

- 1 Sift all the dry ingredients together in a large bowl. Beat the egg and food coloring, if using, together in another bowl. Once incorporated, add the cold water. Gradually, add the wet ingredients to the dry ingredients and mix thoroughly to remove any lumps. Set aside.
- 2 While the batter is resting, preheat the grape seed oil in a deep heavy skillet, over medium heat, to around 350 degrees F. Make sure, for safety, that the oil only comes 3/4 of the way up the pan.
- 3 Alternate the vegetables and tofu on the skewers to form a colorful stick of vegetables.
- 4 In a large shallow dish add the flour and season it with salt and pepper, to taste. Gently roll the tofu and vegetable skewers in the flour, coating it well and shaking off any excess flour. Dip the skewers into the tempura mix, and let the excess batter drip back into the bowl.
- 5 Add the skewers to the hot oil, in batches if necessary, and cook until golden brown and crispy, about 3 to 5 minutes.
- 6 Transfer to a serving platter and serve with a simple dipping sauce of soy sauce and chopped chives, if desired. Enjoy.

Nutrition per serving

	669 KCAL	15 g PROTEIN	49 g FAT	45 g CARBS
Saturated Fat				4.9 g · 31% of daily needs
Fibre				4.1 g · 17% of daily needs
Sugar				5 g · 6% of daily needs
Sodium				1,475 mg · 64% of daily needs
Cholesterol				27.3 mg · 9% of daily needs
Vitamin C				53.8 mg · 65% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/tofu-and-pepper-tempura-148088