

Serves 4

Fragrant tofu with shitake mushrooms

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Nutrition Information (Per Serving)

Energy	179kcal
Protein	9g
Total fat	13g
Saturated fat	2g
Cholesterol	0mg
Carbohydrate	6g
*Carbohydrate exchange	~0.4 exchange
Dietary fibre	3g
Sodium	150mg
Calcium	27mg
Vit D	0ug
Phosphorus	170mg

Ingredients

- 1 packet of (300g) firm tofu, drained and cubed
- 200g of shitake mushroom
- 1 clove garlic, minced
- ½ red chilli, sliced (optional)
- 1 lime (optional)
- 2 tbsp teriyaki sauce
- 1 tbsp canola oil
- 1 tbsp sesame oil
- 2 tsp minced ginger
- ½ tbsp sesame seeds

Preparation

Sauce

1. In a small bowl, mix together teriyaki sauce, lime and 4 tbsp water. set aside.
2. In another bowl, mix sesame oil with sesame seeds.

Cooking method

1. In a non-stick wok or pan, heat canola oil over medium heat.
2. Add garlic, chilli (optional), ginger and fry until fragrant.
3. Put tofu in and stir-fry for 1 minute.
4. Add shitake mushroom and sauce; stir-fry for about 2 minutes.
5. Turn off the heat and stir in the sesame mixture.