



Serves: 4

Cold Beancurd With Braised Kinoko

Ingredients

- Silken tofu 1 box
- Canola oil 2 tsp
- Garlic, minced 20g
- Assorted Japanese mushrooms (kinoko) 200g
- Dark soy sauce 1 tsp
- Light soy sauce 2 tsp
- Abalone sauce 5 tsp
- Spring onion, chopped 2.5g
- Fried shallots ½ tsp
- Fried garlic oil ½ tsp

Tips:

- Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
- Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate, which aids memory and learning. These vegetables also act as natural flavour enhancers.

Method

- In a pre-heated wok, add oil and fry garlic till fragrant.
- Add the mushrooms and stir-fry for 2 minutes.
- Season with condiments and adjust taste if necessary.
- Spoon mushrooms over cold tofu. Garnish with spring onions and fried shallots.
- Drizzle with fried garlic oil.

Nutrition Information (Per Serving):

Energy 94kcal
Carbohydrate 7.1g
Protein 6.6g
Total fat 4.8g
Dietary Fibre 1.6g
Saturated fat 0.8g
Sodium 279mg
Cholesterol 0mg