

Turmeric-Black Pepper Chicken (or Tofu) with Asparagus

Serves 2



Protein & Veg

- Boneless, skinless chicken thighs – 250 g (cut into 2–3 cm pieces)
or Momen tofu – 180–200 g (drained, patted dry, cubed)
- All-purpose flour – 1 Tbsp (8 g)
- Ground turmeric – 3/4 tsp
- Garlic – 1 clove, minced (optional)
- Fresh ginger – 1 tsp, grated (optional)
- Canola or olive oil – 2 tsp (10 ml)
- Asparagus – 170 g, trimmed, sliced on diagonal
- Rice vinegar – 1/2 tsp
- Crushed red pepper flakes – pinch (optional)
- Thai chili sauce – 1–2 tsp (optional, for mild heat & tang)

Sauce

- Honey – 25 g (1 1/4 Tbsp)
- Freshly ground black pepper – 1/2 tsp
- Water – 60 ml
- Kevala coconut aminos – 2 tsp

Grain

- Brown rice – 300 g cooked (150 g per person)
(≈120 g uncooked yields ~300 g cooked)

Side – Cucumber Sunomono

- Cucumber – 120 g, thinly sliced
- Rice vinegar – 1 Tbsp (15 ml)
- Sugar – 1 tsp (5 g)
- Kevala coconut aminos – 1/2 tsp
- Sesame seeds – 1/2 tsp

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1. **Make sauce:** Stir together honey, black pepper, water, coconut aminos.
 2. **Prep protein:**
 - *Chicken:* Toss with flour + turmeric.
 - *Tofu:* Pat dry very well, cube, dust with flour + turmeric.
 3. **Cook protein:** Heat oil in skillet, add chicken or tofu + garlic + ginger.
 - Chicken: Cook 2–3 min per side until golden.

- Tofu: Cook 3–4 min total, turning gently until browned.
 - 4. **Add asparagus:** Stir in asparagus + optional red pepper flakes. Cook 1–2 min until crisp-tender.
 - 5. **Sauce & finish:** Pour in honey sauce (plus Thai chili sauce if using). Cook 2–3 min until chicken is cooked through (74 °C) or tofu is coated. Stir in rice vinegar, adjust pepper.
 - 6. **Make cucumber sunomono:** Toss cucumber with vinegar, sugar, coconut aminos. Rest 5–10 min. Sprinkle sesame before serving.
 - 7. **Serve:** Divide brown rice, top with chicken/tofu + asparagus. Add cucumber sunomono on the side. Serve with lime wedges if desired.
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Nutrition (per serving, approx.)

Chicken version (with brown rice + cucumber side)

- Kcal: ~525 kcal
- Protein: ~30 g
- Fat: ~14 g
 - Sat. Fat = ~2.5 g
- Carbs: ~65 g
 - Sugars = ~15 g
- Fiber: ~6 g
- Sodium: ~450 mg
- Omega-3: ~0.2 g

Tofu version (with quinoa + cucumber side)

- Replace brown rice with quinoa 150 g cooked (~180 kcal, 6 g protein).
 - Kcal: ~470 kcal
 - Protein: ~23 g
 - Fat: ~14 g
 - Sat. Fat = ~2 g
 - Carbs: ~48 g
 - Sugars = ~14 g
 - Fiber: ~6 g
 - Sodium: ~450 mg
 - Omega-3: ~0.2 g
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Notes

- Garlic + ginger add aromatic depth.
- Thai chili sauce adds mild heat and tang.
- Coconut aminos keep sodium lower than soy sauce.
- Brown rice for “comfort feel,” quinoa if using tofu for extra protein.