

Hybrid 回鍋肉 (Pork & Tofu)

Servings: 2 (main dish)

Total time: ~30 minutes

Ingredients

Protein:

- Pork shoulder (しゃぶしゃぶ用薄切り) – **100 g**
- Firm tofu (木綿豆腐) – **100 g**, pressed and cut into 2 cm squares
- Sake – 1 Tbsp (for blanching pork)

Vegetables:

- Cabbage – 200 g, cut bite-size
- Green bell pepper – 1 medium (~70 g), sliced
- 長ネギ – ½ stalk, diagonally sliced
- Garlic – 1 clove, minced
- Ginger – 1 tsp, minced

Sauce:

- Miso (low-sodium) – 1 Tbsp (20 g)
- Kevala coconut aminos – 1 Tbsp (15 ml)
- Sake – 1 Tbsp (15 ml)
- Mirin – 1 Tbsp (15 ml)
- Rice vinegar – 1 tsp (5 ml)
- Sugar or honey – 1 tsp (4 g)
- Sesame oil – 1 tsp (5 ml)
- 豆板醬 (optional) – ½ tsp



Instructions

1. Prep the pork:

- Bring a small pot of water + 1 Tbsp sake to a boil. Add pork, simmer 1–2 min until color changes. Drain.

2. Prep the tofu:

- Wrap tofu in paper towels, press gently for 10–15 min to remove moisture.
- Pan-sear in a nonstick pan with a drop of oil 3–4 min per side until golden. Remove and set aside.

3. Mix sauce: combine all sauce ingredients in a small bowl.

4. Stir-fry:

- Heat wok with 1 tsp oil. Add garlic + ginger, stir-fry briefly.
- Add cabbage, bell pepper, and 長ネギ. Stir-fry 2–3 min. Remove vegetables.
- Add pork and sauce, toss until coated and slightly thickened.
- Return tofu and vegetables, toss gently for 1 min to glaze everything.

5. Serve:

- Plate and serve hot with a small bowl of barley rice or genmai.

Nutrition (per serving, approx.)

| Nutrient | Amount | Notes |
|----------|-----------|--|
| Calories | ~320 kcal | Moderate, lighter than full pork version |
| Protein | ~25 g | Solid balance from pork + tofu |
| Fat | ~16 g | Mostly healthy fats from sesame oil + tofu |

| Nutrient | Amount | Notes |
|----------------------|---------------|--------------------------------|
| Saturated fat | ~4 g | Reduced from pork-only version |
| Carbohydrates | ~22 g | From sauce + vegetables |
| Sugars | ~7 g | Natural + mirin |
| Fiber | ~3 g | From cabbage + pepper |
| Sodium | ~560 mg | Balanced level |
| Omega-3 | ~0.1 g | From tofu |

✅ **Advantages of this version:**

- Keeps the pork aroma and miso depth.
- Tofu softens the richness and absorbs sauce beautifully.
- Works perfectly with your usual low-sodium diet.