

Pork, Tofu, Cabbage Stir-fry

2 servings

Ingredients

- 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 T (20 g)
- Reduce sodium soy sauce – 1 T (15 ml)
- Sake – 1 T (15 ml)
- Mirin – 1 T (15 ml)
- Rice vinegar – 1 tsp (5 ml)
- Sugar or honey – 1 tsp (4 g)
- Sesame oil – 1 tsp (5 ml)
- 豆板醬 (*doubanjiang* – Chinese chili paste – ½ tsp)



Instructions

- 1. Prep the pork:**
 - Bring a small pot of **water** + **1 T 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 **Japanese leek**. 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.)

Calories: 320 kcal | Protein: 25 g | Fat: 16 g | Saturated fat: 4 g | Carbohydrates: 22 g | Sugars: 7 g | Fiber: 3 g | Sodium: 560 mg | Omega-3: 0.1 g