

Tofu and Egg Chili-Style Simmer

(with optional shrimp)

Serves 2

Ingredients

- 350 g firm tofu (1 丁), cut into 2.5 cm cubes
- 1 large egg, lightly beaten
- 150 g tomato, cut into medium chunks
- 25 g scallions, finely sliced
- 1 T potato starch (片栗粉)



Seasoning (A)

- 2 T ketchup
- 2 tsp chicken stock granules
- ½ tsp doubanjiang (chili bean paste)
- 120 ml water

Optional protein add-in

- 80–100 g shrimp (raw, peeled and deveined, or precooked)

Finishing

- 1 T canola oil
- ½ tsp sesame oil

Instructions

1. Prepare the tofu:

- Gently pat the **tofu** dry. Lightly dust all sides with the **potato starch**, shaking off excess. This helps the tofu brown and thickens the sauce slightly.

2. Pan-fry the tofu:

- Heat the canola oil in a medium skillet over **medium-high heat**.
- Add the **tofu** in a single layer and cook undisturbed until lightly golden on one side, **2–3 minutes**.
- Turn carefully and brown the other sides. Transfer to a plate.

3. Cook shrimp (if using):

- In the same pan, add the **shrimp**. Cook raw shrimp just until pink, **about 1 minute per side**; if using precooked shrimp, warm briefly.
- Remove and set aside.

4. Build the sauce:

- Lower heat to **medium**.
- Add the **tomato** to the pan and cook until it begins to soften and release juices, **about 2 minutes**.
- Stir in **Seasoning (A)** and bring to a gentle simmer.

5. Combine:

- Return **tofu** (and **shrimp**, if using) to the pan.
- **Simmer** gently for **2–3 minutes** so the flavors meld.

6. Add egg:

- Slowly drizzle the beaten **egg** into the simmering sauce in a thin stream, stirring gently once or twice to create soft ribbons. Do not over-stir.

7. Finish:

- Drizzle in the **sesame oil**, add the **scallions**, and gently fold once.
- Remove from heat and serve immediately.

Nutrition (per serving, without shrimp): approx. 302 kcal | Protein 15 g | Fat 16 g | Carbs 18 g | Sodium ~2.1 g

With shrimp added (+90 g raw shrimp): approx. 360 kcal | Protein ~27 g | Fat 17 g | Sodium ~2.3 g

豆腐と卵のチリソース煮 (えび入り可)

2人分

材料

- 木綿豆腐 1丁 (約 350g・2.5cm 角に切る)
- 卵 1個 (溶く)
- トマト 1個 (約 150g・中くらいに切る)
- ねぎ 1/4本 (約 25g・小口切り)
- 片栗粉 大さじ 1



〈A〉

- トマトケチャップ 大さじ 2
- 鶏ガラスープの素 小さじ 2
- 豆板醤 小さじ 1/2
- 水 120ml

〈具の追加 (任意) 〉

- えび (殻・背わたを取る) 80~100g (生または加熱済み)

仕上げ

- サラダ油 大さじ 1
- ごま油 小さじ 1/2

作り方

1. 豆腐はペーパーで軽く水けをふき、全体に片栗粉を薄くまぶす。
2. フライパンに油を中火で熱し、豆腐を並べて焼き色がつくまで焼き、取り出す。
3. 同じフライパンでえびをさっと焼き (生の場合は色が変わるまで)、取り出す。
4. トマトを加えて中火で炒め、少し崩れてきたら 〈A〉 を加えて煮立てる。
5. 豆腐とえびを戻し入れ、2~3分軽く煮る。
6. 火を弱め、溶き卵を細く回し入れ、軽く混ぜて半熟状にする。
7. ごま油とねぎを加えてさっと混ぜ、器に盛る。

栄養 (1人分・えびなし) 約 302kcal / たんぱく質 15g / 脂質 16g / 炭水化物 18g / 食塩相当量 2.1g

えび入り : 約 360kcal / たんぱく質約 27g / 脂質 17g / 食塩相当量約 2.3g