

Miso-Chile Asparagus with Tofu *(with 2 side dishes)*

アスパラと豆腐の味噌チリ焼き

Serves 2–3

Ingredients

Main

- 400 g firm tofu (pressed, cubed)
木綿豆腐
- 250–300 g asparagus, trimmed
アスパラガス

Oil & Seasoning

- 2 T / 28 g canola oil
- 1/4 tsp salt + pinch MSG (~2 g)

Miso-Chile Sauce

- 2 T / 35 g white miso
白味噌
- 1 T / 15 ml sake
酒
- 1 T / 15 ml rice vinegar
米酢
- 1 T / 15 ml mirin
みりん
- 1 tsp / 5 ml sesame oil
ごま油
- 2 cloves garlic, chopped
にんにく
- 1/2 tsp chili flakes

Finish

- Scallions, sliced
青ねぎ



Instructions (Oven)

1. **Prep tofu:** press, cube, optional microwave 2 min.
2. **Prep asparagus:** trim and cut.
3. **Toss with oil and seasoning.**
4. Roast **200°C 15 min**, then **190°C 10–12 min**.
5. Make sauce with garlic, chili, then mix in miso etc.
6. Add sauce, finish **220°C 3–5 min**.
7. Garnish and serve.

Air Fryer Version

180°C tofu 10 min → add **asparagus 6–8 min** → **sauce finish 200°C 2–3 min**.

Nutrition (per serving)

Kcal: 280 | Protein: 15 g | Fat: 18 g | Sat Fat: 3 g | Carbs: 15 g | Sugars: 6 g |
Fiber: 3 g | Sodium: 750 mg | Omega-3: 0.3 g

Notes / Variations

- **Crispier tofu:** add cornstarch.
 - **Lower sugar:** reduce mirin.
 - **Add protein:** shrimp or chicken.
 - **Veg swaps:** broccoli, komatsuna, eggplant.
 - **Add soy sauce** for stronger flavor.
-

Side 1: Spinach Sesame Salad ほうれん草のごま和え

Ingredients

- 200 g spinach
ほうれん草
- 1 T sesame paste
ごま
- 1 tsp soy sauce
- 1 tsp sugar (optional)



Instructions

- ✓ Blanch spinach, squeeze dry, mix with dressing.

Nutrition

Kcal: 90 | Protein: 4 g | Fat: 6 g | Carbs: 6 g | Fiber: 2 g

Side 2: Cucumber Vinegar Salad きゅうりの酢の物

Ingredients

- 2 cucumbers
きゅうり
- 1 T rice vinegar
- 1 tsp sugar
- Pinch salt



Instructions

- ✓ Slice cucumbers, salt lightly, mix with dressing.

Nutrition

Kcal: 40 | Protein: 1 g | Fat: 0 g | Carbs: 8 g | Fiber: 1 g