

## Chile Tofu with Broccoli, Peppers & Shimeji チリ豆腐とブロッコリー、パプリカ、しめじの炒め物

Serves 4



### Ingredients

#### Tofu

- 400 g extra-firm tofu, pressed and cut into 2.5 cm cubes 木綿豆腐
- 2 T / 16 g cornstarch コーンスターチ
- ¼ tsp salt + pinch MSG 塩+MSG
- Black pepper to taste 黒こしょう

#### Vegetables

- 150 g onion, cut into 2.5 cm chunks 玉ねぎ
- 150 g bell pepper, cut into 2.5 cm chunks パプリカ
- 280 g broccoli florets ブロッコリー
- 75 g shimeji mushrooms, separated しめじ
- 10 g fresh ginger, finely chopped しょうが
- 10 g garlic (3 cloves), finely chopped にんにく
- 5–10 g sliced jalapeños ハラペーニョ

#### Sauce

- 1 T / 15 g low-sodium soy sauce 減塩しょうゆ
- 1 T / 15 g Big Tree Coco Aminos Marinade & Sauce ココアミノ
- 1 T / 15 g ketchup ケチャップ
- 1 T / 15 g rice vinegar 米酢
- 1 tsp / 5 g sriracha シラチャ
- 1 tsp / 3 g cornstarch コーンスターチ
- 80 ml water 水
- Optional: 1 tsp / 7 g honey はちみつ  
(only if additional sweetness is desired)

#### For Cooking

- 1 T / 15 g canola oil キャノーラ油

#### Garnish

- 2 scallions, thinly sliced 青ねぎ

#### To Serve

- 640 g cooked brown rice (160 g per serving) 玄米

### Instructions

#### Prepare the Tofu

1. Press the tofu.
  - Wrap the tofu in paper towels and place on a plate.
  - Set a light weight on top and **press for 20–30 minutes**.
2. Cut the tofu into approximately 2.5 cm cubes.
3. Season the tofu.

- Combine **cornstarch**, **salt + MSG**, and **black pepper**.
  - Toss the tofu gently until evenly coated.
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#### Air Fryer Method (Recommended)

4. Preheat the air fryer.
    - **190°C** for **3–4 minutes**.
  5. Arrange the tofu.
    - Place on the crisper plate in a single layer.
    - Do not overcrowd.
  6. Air fry.
    - **190°C** for **12–14 minutes**.
    - Shake or turn twice during cooking.
  7. Reserve.
    - Set aside while preparing the vegetables.
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#### Stovetop Method (Alternative)

4. Heat a large skillet.
    - Add **2 T oil**.
    - Heat over **medium-high heat**.
  5. Brown the tofu.
    - Cook 1–2 minutes per side. Turn carefully and cook until golden and crisp.
  6. Transfer to a plate.
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#### Prepare the Sauce

7. Combine all sauce ingredients: **soy sauce**, **coco aminos**, **ketchup**, **rice vinegar**, **Sriracha**, **cornstarch**, **water**
  8. Whisk thoroughly until no lumps remain. Taste and add honey only if needed.
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#### Cook the Vegetables

9. Heat the skillet and add the canola oil over **medium-high heat**.
  10. Add aromatics: **onions**, **ginger**, **garlic**, **jalapeños**. Cook **1–2 minutes**.
  11. Add vegetables: **bell pepper**, **broccoli**, **shimeji mushrooms** and **cook 4–6 minutes**. Vegetables should remain tender-crisp.
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#### Finish the Dish

12. Stir the sauce again. Cornstarch settles quickly.
  13. Add the sauce to the skillet. Cover and cook **20–30 seconds**. The sauce will thicken quickly.
  14. Return the tofu and fold gently to coat. Remove from heat immediately.
  15. Garnish with sliced **scallions**.
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#### Serve

16. Serve immediately over brown rice. Additional sriracha may be offered at the table.
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## Suggested Menu

### Main

Chile Tofu with Broccoli, Peppers & Shimeji

### Side Dish Options

- Asian Cucumber Salad きゅうりサラダ
  - or
  - Chilled Tomato Salad トマトサラダ
  - or
  - Sesame Green Beans いんげんのごま和え
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## Nutrition

### Per Serving (Without Rice)

Kcal total: 320 | Protein: 16 g | Fat: 11 g | Sat Fat: 1.5 g | Carbs: 35 g |  
Sugars: 9 g | Fiber: 6 g | Sodium: 520 mg | Omega-3: 0.1 g

### Per Serving (With 160 g Cooked Brown Rice)

Kcal total: 500 | Protein: 20 g | Fat: 12 g | Sat Fat: 1.5 g | Carbs: 72 g |  
Sugars: 9 g | Fiber: 9 g | Sodium: 520 mg | Omega-3: 0.2 g

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## Notes

- Air frying produces the crispiest tofu with the least oil and is the preferred method.
- The mild version uses 5–10 g sliced jalapeños and 1 tsp sriracha. For additional heat, increase gradually.
- Big Tree Coco Aminos adds sweetness and depth while keeping sodium lower than using additional soy sauce.
- Shimeji mushrooms absorb the sauce beautifully and add umami without significantly increasing calories.
- Leftovers reheat very well and make an excellent lunch the following day.
- This dish is an excellent "warm weather" dinner because it is filling without feeling heavy.