

Spicy tofu with lemongrass and basil

Preparation Time: 30 minutes

Yield: 4 servings

Ingredients	Amount
To Prepare Marinade	
Fresh lemon grass (Remove the end, outer layers and tender white portions), finely chopped	3 stalks
Low sodium light soy sauce	2 tablespoons
Thai bird's eyes chilli, finely chopped	2 pieces
Sugar	2 teaspoons
Ground turmeric	1 teaspoon
Cooking oil (eg canola oil)	1 tablespoon
To Prepare Tofu	
Firm tofu, sliced into blocks of 1cm thick	4 pieces/ 400g
Cooking oil (eg canola oil)	1 tablespoon
Shallots, finely sliced	4 pieces
Garlic, chopped	2 cloves
Thai basil leaves	10g
Roasted peanuts, coarsely chopped	2 tablespoons
Fresh lime juice	1 tablespoon

STEPS:

1. Prepare marinade by mixing all the ingredients in a bowl, then set aside.
2. Rinse tofu and pat dry with paper towels. Arrange in a single layer on a plate without leaving any gaps in between.
3. Pour marinade over tofu slices and spread evenly. Let it sit for 30 minutes.
4. Heat 1 tablespoon of oil in a wok, sauté shallots, and garlic until fragrant. Push to one side of pan.
5. Add tofu and stir fry gently, mix well.
6. Cook on medium heat, stirring occasionally for 5-7 minutes or until tofu is brown around the edges.
7. Stir in basil leaves and peanuts.
8. Turn off heat and squeeze lime juice over just before serving.

Healthy TIPS!

- ✓ Use of natural herbs and seasonings such as turmeric, basil leaves and lemon grass are able to provide strong flavour and aroma to the dish, with minimal sodium content.
- ✓ Tofu is a good source of protein, which helps to prevent muscle breakdown and maintain immunity. However, it is rich in Phosphate content. Don't forget to take your phosphate binder with meal for better phosphate control.

Nutrition content per serving: (Energy: 237 kcal)

Carbohydrate: 11g	Protein: 13g	Total fat: 15g
Sodium: 367mg	Potassium: 331mg	Phosphate: 103mg

Recipe courtesy of Chef Shalu Asnani, from littlegreenkitchen.com.sg.

香茅罗勒辣豆腐

烹煮时间：30 分钟

份量：4 人份

材料：	份量
腌制的酱料	
香茅（去除根部、较硬的表皮和白色茎部分），切碎	3 根
低钠酱油	2 汤匙
泰国小辣椒	2 个
糖	2 茶匙
黄姜粉	1 茶匙
食油（如：芥花籽油）	1 汤匙
翻炒豆腐和调料	
豆腐, 切成一寸厚的块状	4 块/400 克
食油（如：芥花籽油）	1 汤匙
小葱头，切碎	4 个
蒜头，切碎	2 瓣
罗勒	10 克
花生碎	2 汤匙
新鲜酸柑汁	1 汤匙

烹调步骤：

1. 将腌制的酱料的所有材料放入碗中，均匀搅拌，搁置备用。
2. 将豆腐洗干净后以纸巾拍干，并列和不留缝隙地摆放在盘上。
3. 将腌制的酱料均匀倒在豆腐上，置放 30 分钟。
4. 起锅热油，爆香小葱头和蒜头。推置锅边。
5. 加入豆腐，轻轻地炒匀。
6. 以中火翻炒 5 至 7 分钟或至豆腐边呈褐色。
7. 加入罗勒和花生碎。
8. 熄火后，淋上酸柑汁即可食用。

健康贴士：

- ✓ 使用天然食材如：黄姜粉、罗勒和香茅不但能增强这道料理的风味，也有助于减少钠的用量。
- ✓ 豆腐是蛋白质的来源。摄取足够的蛋白质可帮助预防肌肉流失及维持免疫系统的健康。但是，豆腐含有较高的磷，在享用这道料理时，切记服用您的缚磷素来控制您血液里的磷。

营养含量（一人份）：（热量：237 kcal）

碳水化合物： 11克	蛋白质： 13克	脂肪： 15克
钠： 367毫克	钾： 331毫克	磷： 103毫克

感谢 Chef Shalu Asnani (littlegreenkitchen.com.sg) 提供此食谱