

Korean | Spicy Silken Tofu

5 MINUTES | SERVES 1



Tofu is a plant-based protein that is commonly used in Asian dishes. Not only is it easy to prepare, it is also nutrient dense and contains all of the essential amino acids your body needs plus minerals such as calcium, manganese, iron, and vitamin A.

INGREDIENTS

8 oz silken tofu or soft tofu

Sauce:

2 tbsp low sodium soy sauce

½ tbsp honey

1 tsp sesame oil

½ tsp toasted sesame seeds

½ tsp Gochugaru (Korean chili flakes) or red pepper flakes, optional

2 cloves garlic minced

1 green onion chopped

½ chili pepper chopped, optional

INSTRUCTIONS

1. Carefully discard the excess liquid of the tofu and place it on a serving plate.
2. Combine all sauce ingredients in a bowl and pour it over the tofu. Enjoy!

This recipe is kitchen-tested by Chef Irfan Dama and nutritionally approved by Stanford CARE registered dietitian, Lily Phan.



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