



Serves: 4

Beancurd With Chilli Bean Sauce

Ingredients

- Silken tofu, cut into 4pcs 2 packs
- Chilli sauce with black beans 4 tbsp
- Spring onions, finely cut 2

Tips:

- Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
- Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
- Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

Method

- Transfer the silken tofu onto plate.
- Place half a tbsp of chilli sauce with black beans on top of each piece of silken tofu, and spread evenly.
- Steam over medium-heat for 5 minutes.
- Garnish with finely cut spring onions and serve immediately

Nutrition Information (Per Serving):

Energy 96kcal
Carbohydrate 6.8g
Protein 10.2g
Total fat 3.3g
Saturated fat 0.7g
Cholesterol 0mg
Dietary Fibre 2.7g
Sodium 5mg