Bean curd mashed potatoes



About 30 minutes · Serves 2

Ingredients

- 400 g potatoes, peeled and cubed
- 1 cube Tian Fu sesame oil fermented bean curd
- 2 tbsp milk or unsweetened soy milk; 1 tbsp butter or cooking oil
- 1 spring onion, sliced

Method

1. Boil the potatoes for 15–20 minutes until very tender. Drain and let the steam escape for 2 minutes.
2. Mash the bean curd with milk, then add it to the potatoes with butter or oil. Mash until smooth.
3. Taste before adding extra seasoning. Finish with spring onion and serve warm.

Adjust the sauce and spice level to your taste.

Made with Tian Fu



Sesame oil fermented bean curd

180g / 6oz.

Cooking times are approximate. Check product labels for ingredients and allergens.