Bean curd stir-fried greens



About 10 minutes · Serves 2

Ingredients

- 300 g leafy greens, washed and cut into bite-sized pieces
- 1 cube Tian Fu sesame oil fermented bean curd, plus 1 tsp liquid from the jar
- 2 garlic cloves, sliced; 1 tbsp neutral cooking oil
- 2 tbsp water

Method

1. Mash the bean curd with its liquid and the water into a smooth sauce.
2. Heat the oil in a wok over medium-high heat. Stir-fry the garlic briefly, then add the greens.
3. Add the bean curd sauce and toss until the greens are tender but still bright. Taste before adding any extra salt.

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.