Black bean braised tofu



About 20 minutes · Serves 2

Ingredients

- 400 g firm tofu, drained and cubed
- 1 tbsp Tian Fu black bean chilli sauce
- 2 garlic cloves, minced; 1 tbsp cooking oil
- 120 ml water; 1 tsp cornflour mixed with 1 tbsp water; 1 spring onion, sliced

Method

1. Heat the oil and briefly cook the garlic. Stir in black bean chilli sauce and 120 ml water.
2. Add the tofu and simmer gently for 7–8 minutes, turning carefully.
3. Stir and add the cornflour mixture, then simmer until lightly thickened. Finish with spring onion.

Adjust the sauce and spice level to your taste.

Made with Tian Fu



Black bean chili sauce

275g / 9oz.

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