KIKKOMAN

Mapo tofu with spicy beef and chilli-crisp

Total time **30 mins** **15 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
1,604 kJ / 384 kcal

Fat: **21.8 g** Protein: **31.8 g**
Carbohydrates: **14.3 g**

INGREDIENTS

4 portion(s)

For the crisp:

2 tsp	chilli flakes
1 tbsp	sultanas (or raisins, cranberries)
1 tbsp	chopped peanuts
1 tbsp	sunflower seeds
3 tsp	Kikkoman Naturally Brewed Soy Sauce

For the mapo tofu:

400 g	firm tofu
1 bunch	of spring onions
1	red pepper
1	garlic clove
2 tbsp	Kikkoman Toasted Sesame Oil
400 g	minced beef
400 ml	beef stock
2 tbsp	chilli bean sauce (Toban Djan)
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	brown sugar
	Ground (Szechuan) pepper
1 tbsp	cornflour

PREPARATION

Step 1

For the crisp:

2 tsp chilli flakes - **1 tbsp** sultanas (or raisins, cranberries) - **1 tbsp** chopped peanuts - **1 tbsp** sunflower seeds - **3 tsp** Kikkoman Naturally Brewed Soy Sauce

Toast the chilli flakes, sultanas, peanuts, and seeds in a large pan. Season with the Kikkoman Soy Sauce and remove from the pan.

Step 2

For the mapo tofu:

400 g firm tofu - **1 bunch** of spring onions - **1** red pepper - **1** garlic clove - **2 tbsp** Kikkoman Toasted Sesame Oil - **400 g** minced beef

Cut the tofu into 2 cm cubes. Slice the spring onions diagonally. Dice the red pepper. Finely chop the garlic. Heat the Kikkoman Sesame Oil in a pan or wok, add the minced beef, half of the spring onions, red pepper and garlic and fry well.

Step 3

400 ml beef stock - **2 tbsp** chilli bean sauce (Toban Djan) - **4 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** brown sugar - Ground (Szechuan) pepper

Add the stock, chilli bean paste, and mix well. Add the tofu cubes and gently stir to prevent breaking them. Season with the Kikkoman Soy Sauce, sugar, and pepper, and simmer for about 5 minutes.

Step 4

1 tbsp cornflour

Mix the cornflour with 2 tbsp of cold water, then stir it into the sauce to thicken until the ingredients

are coated in a glossy layer. Garnish the dish with the chilli crisp and remaining spring onions. Serve with jasmine rice.