



**VEGETARIAN
EXPRESS**



Steamed Tofu & Black Bean Sauce

Ingredients

- 320g tofu - lemongrass and ginger spiced
- 240g black bean sauce
- 20g spring onions
- 4g Korean coarse hot red pepper powder

Black bean sauce may contain traces of Peanuts

Method | SERVES 4

- Slice tofu into 1cm thick slices.
- Steam for 10 minutes.
- Heat up black bean sauce.
- Slice spring onions.
- Arrange as shown and sprinkle with red pepper powder.

Typical Nutritional Values

	per 100g	serving 146g
Energy	629kJ 150kcal	918kJ 218kcal
Fat	5.5g	8.0g
of which Saturated	1.0g	1.5g
Carbohydrate	13.0g	19.0g
of which Sugars	8.9g	13.0g
Fibre	2.2g	3.2g
Protein	12.0g	17.5g
Salt	1.20g	1.75g

Suitable for: Vegan, Dairy free

Allergens: Cereal Gluten, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using beef.

CO₂ saving (g)
1920

Land use saving (m²)
10

Water use saving (L)
944

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.