

Mapo Tofu (Mabo Dofu)

Japanese-style Mapo Tofu (*Mabo Dofu*) is incredibly flavorful but less spicy than the Sichuan version. It's a delicious meal ready in 30 minutes that even children can enjoy!



4.79 from 248 votes

Prep Time

10 mins

Cook Time

15 mins

Total Time

25 mins

Course: Main Course **Cuisine:** Japanese **Keyword:** pork, tofu

Servings: 4 **Calories:** 263kcal **Author:** Namiko Chen

Ingredients

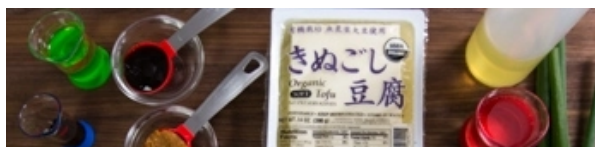
- 2 cloves garlic
- 1 knob ginger (1 inch, 2.5 cm)
- 2 green onions/scallions
- 14 oz soft/silken tofu (kinugoshi dofu)
- 1 Tbsp neutral-flavored oil (vegetable, rice bran, canola, etc.)
- ½ lb ground pork (you can also use other meat and veggies of your choice)

For the Seasonings

- 2½ Tbsp doubanjiang (spicy chili bean sauce/broad bean paste) (or a mixture of 1½ Tbsp doubanjiang (non-spicy) and 1 Tbsp la doubanjiang (spicy); click [here](#) to see the package of the non-spicy version; you can get this gluten-free doubanjiang)
- 2 Tbsp mirin
- 1 Tbsp miso
- 1 Tbsp oyster sauce
- ½ Tbsp soy sauce
- 1 tsp roasted sesame oil
- 1 tsp potato starch or cornstarch
- 4 Tbsp water

Instructions

1. Gather all the ingredients.





2. Combine all the ingredients for the seasonings (the doubanjiang, mirin, miso, oyster sauce, soy sauce, sesame oil, cornstarch, and water) in a bowl and mix well together.



3. Mince the garlic cloves and ginger finely.

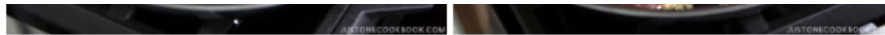


4. Cut the green onions into small pieces. Drain the tofu and cut into 1-inch (2.5 cm) cubes.



5. In a large frying pan, heat the vegetable oil on medium heat and sauté the garlic and ginger. Make sure you don't burn them. Once they are fragrant, add the ground pork and break it up with a spatula or wooden spoon.





6. When the meat is no longer pink, add the seasonings mixture and stir thoroughly. Bring the sauce to a boil



7. Once the sauce is boiling, add the tofu and gently coat it with the sauce. Stir frequently, without mashing the tofu, until it is heated through. Add the green onions and stir to incorporate just before taking the pan off the heat. Serve immediately.



To Store

1. You can keep the leftovers in an airtight container and store in the refrigerator for up to 3 days or in the freezer for a month.

Nutrition

Calories: 263 kcal · Carbohydrates: 9 g · Protein: 17 g · Fat: 17 g · Saturated Fat: 5 g · Polyunsaturated Fat: 3 g · Monounsaturated Fat: 6 g · Cholesterol: 41 mg · Sodium: 845 mg · Potassium: 395 mg · Fiber: 1 g · Sugar: 4 g · Vitamin A: 180 IU · Vitamin C: 2 mg · Calcium: 55 mg · Iron: 3 mg

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