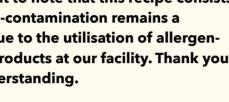# Chinese Broccoli Beancurd Recipe

Chinese Broccoli Beancurd, a harmonious blend of earthy "Gai Lan" and silky smooth tofu. This dish captures the essence of traditional Chinese cooking, emphasising simplicity, balance, and the natural flavours of the ingredients. The beancurd, or tofu, absorbs the savoury sauces, complementing the slight bitterness of the Chinese broccoli, resulting in a dish that is both satisfying and wholesome.

It is important to note that this recipe consists of Soy. Cross-contamination remains a possibility due to the utilisation of allergen-containing products at our facility. Thank you for your understanding.

Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Chinese Broccoli	200	g	200	g
Tofu	400	g	400	g
Oil (Tbsp)	3	----	3	----
Salt (tsp)	1/2	----	1/2	----
Mushroom Seasoning (tsp)	1/2	----	1/2	----
Pepper (Dash)	1	----	1	----
Veg. Oyster Sauce (Tbsp)	1	----	1	----
Corn Flour + Water (Tbsp)	1	----	1	----
Water	120	g	120	g
Sesame Oil (Dash)	1	----	1	----
Veg. Meat Floss (As desired)		----	0	----

Shopping List

Ingredients	Have it	Quantity
Chinese Brocoli	☐	
Tofu	☐	
Oil (Tbsp)	☐	
Salt (tsp)	☐	
Mushroom Seasoning (tsp)	☐	
Pepper (Dash)	☐	
Veg. Oyster Sauce (Tbsp)	☐	
Corn Flour + Water (Tbsp)	☐	
Water	☐	
Sesame Oil (Dash)	☐	
Veg. Meat Floss (As desired)	☐	
	☐	
	☐	
	☐	

Sample Instructions

1. Dice the Chinese broccoli and mash the Tofu.

2. Heat up the pan, add 3 Tbsp of oil, fry the Chinese broccoli. Add 1/2 tsp of salt, 1/2 tsp of mushroom seasoning, a dash of pepper, then add tofu. Once done, put them into a bowl.

3. Sauce Preparation : Heat up the pan with low heat, add some oil, add 1 Tbsp of Veg Oyster Sauce, add 120g of water. Once boil, add corn flour + water mixture, add a dash of sesame oil, and then off fire.

4. Flip over the bowl of tofu onto a plate, and add sauce over it. Sprinkle Veg Meat Floss as desired.

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