

Low FODMAP Marinated Tofu with Asian Greens & Rice

Serves: 2

Prep: 2 hours 5 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Firm tofu, cubed	200 g	7.1 oz
1 orange, juiced	80 g	2.8 oz
1 tbsp soy sauce	20 g	0.7 oz
2 tsp sugar	10 g	0.4 oz
2 tsp fresh ginger, minced (optional)	10 g	0.4 oz
1 tsp corn flour	3 g	0.1 oz
Cooking oil, for frying		
2 cups of low FODMAP Asian greens	150 g	5.3 oz
Sesame seeds and a dash of sesame oil, to garnish		

Method

1. Mix the orange juice, soy sauce, sugar and ginger in a container and add the cubed tofu. Place in the fridge to marinate for at least 2 hours (but not more than 12 hours).
2. When you're ready to cook the tofu, remove it from the marinade using a slotted spoon.
3. Heat the oil in a frying pan or wok over high heat and add the tofu cubes. Fry until golden brown.
4. Add the corn flour to the reserved marinade liquid and stir it with a fork to dissolve the corn flour. Add it to the frying pan or wok, and continue cooking until the marinade creates a sauce. Add the greens and cook over high heat, stirring, until the greens are wilted.
5. Serve with rice and garnish with some sesame seeds (approximately 1 tsp per bowl) and a few drops of sesame oil for extra flavour.

Hints

Don't forget to check the [Monash University Low FODMAP diet app](#) for details of serving sizes and suggestions for low FODMAP vegetables!

Nutrition Information (per serve)	
Energy	1313 Kj / 314 cal
Protein	16.20g
Carbohydrates	10.00g
Sugar	8.90g
Total Fat	21.40g
Saturated Fat	2.30g
Fibre	10.70g