

Spicy Tofu and Sweet Corn Stir-Fry

This vibrant stir-fry combines the protein-packed goodness of tofu with the sweetness of corn, enhanced by a spicy kick. A quick and delightful dish perfect for a light meal.


15 min

Total time

easy

Difficulty

250

kcal / serving

Nutrition per serving (estimated)

Protein 13 g

Carbs 24 g

Fat 11 g

Fiber 4 g · Sugar 5 g · Sodium 650 mg

Ingredients

- 100g firm tofu, cubed
- 1 cup sweet corn (fresh or frozen)
- 1 tablespoon soy sauce
- 1 teaspoon chili paste (adjust to taste)
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 green onion, chopped
- Salt and pepper to taste

Substitutions

firm tofu – Extra-firm tofu, cut into similar-sized cubes.

fresh or frozen sweet corn – Canned sweet corn, drained well.

green onion – Chopped chives.

Steps

- 1 Heat the vegetable oil in a non-stick pan over medium heat.
- 2 Add the minced garlic and sauté for 30 seconds until fragrant.
- 3 Add the cubed tofu and cook for about 5 minutes until golden brown, stirring occasionally.
- 4 Stir in the sweet corn, soy sauce, and chili paste. Cook for another 3-4 minutes until the corn is heated through.
- 5 Season with salt and pepper to taste.
- 6 Remove from heat and garnish with chopped green onion before serving.

Chef's tips

- Pat the tofu dry before cooking; excess moisture can keep it from developing a lightly crisp, golden exterior.
- A wide pan helps the tofu and corn brown rather than steam, while a non-stick surface makes turning the cubes easier.
- For the best texture, serve soon after cooking; the tofu softens as it sits in the sauce.

Drink pairing

A crisp, off-dry Riesling

Its refreshing acidity and slight sweetness complement the chili heat and sweet corn.

0% option: Chilled sparkling water with a squeeze of lime.

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot; the tofu may be softer after storage.

Frequently asked questions

How can I tell when the tofu is browned?

Look for golden patches on several sides of the cubes; they should feel lightly firm at the edges.

Can I use frozen corn without thawing it first?

Yes. It may take a little longer to heat through, so check that the kernels are hot before serving.

Can I make this ahead?

It is best freshly cooked for the crispest tofu. You can chop the garlic and green onion ahead and keep them covered in the refrigerator.