KOREAN · LUNCH · DINNER

Sundubu-jjigae (Korean Soft Tofu Stew with Clams)

바지락 순두부찌개

25 min · Serves 2 · 479 kcal a serve · Video 8:03 in Korean · 정호영의 오늘도 요리 Kitchen Caden

No dairy listed · No nuts listed

About 31 g protein and 20 g net carbs a serve: silky soft tofu, clams, a little pork and an egg with vegetables in a spicy broth, light but filling.

Diet notes: Gluten-free with a swap: Use tamari and a gluten-free oyster sauce.

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Ingredients 18 · SERVES 2

- [ ] **Canola or vegetable oil**: a little cooking oil
- [ ] **Spring onion**: 1 stalk Korean leek or thick spring onion (daepa), sliced
- [ ] 1¾ oz minced **pork belly**
- [ ] 2 tbsp **gochugaru** (Korean chilli flakes)
- [ ] 1 tbsp minced **garlic**
- [ ] 1 tbsp **mirin** (matsul, cooking rice wine)
- [ ] 1 tbsp **soy sauce** (jin-ganjang)
- [ ] 1 tbsp **oyster sauce**
- [ ] 1 tbsp **tuna fish sauce** (chamchi-aek)
- [ ] 1¼ cups **water**
- [ ] ½ **onion**, in chunky pieces
- [ ] ⅓ **Korean zucchini** (aehobak), in chunky pieces
- [ ] 10–15 **clams** (bajirak), cleaned
- [ ] 1 tube (14 oz) **extra-soft tofu** (sundubu)
- [ ] 2 **Korean hot green chillies** (cheongyang), sliced
- [ ] a pinch of **ground black pepper**
- [ ] a **swirl of sesame oil**
- [ ] 2 **eggs**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Molluscs, Fish, Egg, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the leek thinly, cut the onion and zucchini into chunky pieces and slice the chillies. 0:50
2. Warm a little oil in a pot and fry the leek gently until it smells sweet — not too hot, or it turns bitter. 1:32
3. Add the minced pork belly, then the gochugaru, and stir briefly; add the garlic. 2:03
4. Stir in the mirin, soy sauce, oyster sauce and tuna fish sauce to make the seasoning base. 2:34
5. Pour in 1¼ cups water, add the onion and zucchini and simmer until the vegetables start to soften. 3:10
6. Add the clams; when they open, spoon in the soft tofu in big pieces. Taste, and add a splash of water if it's too salty. 3:40
7. Add the chillies, a pinch of pepper and a swirl of sesame oil, crack in the eggs and turn off the heat as soon as the whites set. 4:57

> **Tip** Koreans eat it bubbling hot with rice. It's salty as made, so go easy on the fish sauce if you watch your salt. Swap the clams for prawns, squid or oysters in winter.

The method is a summary in our words, in English — the video (in Korean) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
479 kcal 2,000 kJ	**31 g** 62% of a day	**25 g** 20 g net · 8.9 g sugars 9% of a day
FIBRE	**FAT**	**SODIUM**
4.8 g 17% of a day	**28 g** 6.6 g saturated 36% of a day	**1,870 mg** 81% of a day

Energy from net carbs 18% · protein 27% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1169% · Selenium 101% · Omega-3 68% · Vitamin K 65% · Folate 41% · Vitamin B6 38% · Vitamin A 35% · Iron 34% · Zinc 32% · Vitamin C 32% · Magnesium 28% · Vitamin E 26% · Potassium 22%

Source of (10–19%) Calcium 15%

⚠ One serve has about 81% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: 정호영의 오늘도 요리 Kitchen Caden on YouTube — youtube.com/watch?v=Zt1kQ71z4Vs. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bajirak-sundubu-jjigae-clam-soft-tofu-stew