

Japanese soup with chicken and tofu dumplings

Total time **45 mins** 30 mins preparation time 15 mins cooking time

Nutritional facts (per portion):

651 kJ / 155 kcal

INGREDIENTS

4 portion(s)

30 g	leek (green part)
20 g	fresh ginger
100 g	Chinese cabbage
4	shiitake mushrooms (or porcini mushrooms)
30 g	leek (white part)
200 g	chicken drumstick meat
80 g	solid tofu
1	fresh egg
3 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tbsp	sugar
1 tsp	potato flour
For the soup:	
1,000 ml	dashi (or chicken stock)
3 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
2 pinch	of salt Sansho pepper (or white pepper)

PREPARATION

Step 1

Trim, wash and finely chop the green part of the leek. Peel and finely chop the ginger. Cut the Chinese leaves into fine strips and the mushrooms into thin slices. Cut the white part of the leek into fine strips, place in cold water for approx. 15 minutes and drain well.

Step 2

Wash the chicken, dab it dry and cut into pieces. Dab the tofu dry and puree with the chicken in a blender. Mix well with the green leek, ginger, egg, soy sauce, sugar and potato flour.

Step 3

Bring the ingredients for the soup to the boil. Use two teaspoons to form round dumplings from the chicken mixture, carefully add to the soup and cook for approx. 3-4 minutes. Add the Chinese leaves and shiitake mushrooms and continue simmering for another 2-3 minutes. Pour the soup into bowls, garnish with the white leek strips, sprinkle with pepper and serve.