KIKKOMAN

Portuguese caldo verde with smoked tofu

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,627 kJ / 390 kcal

Fat: **21.5 g** Protein: **16.5 g**
Carbohydrates: **30.9 g**

INGREDIENTS

2 portion(s)

1	small onion
1	garlic clove
1 tsp	Kikkoman Toasted Sesame Oil
300 g	potatoes
1	bay leaf
500 ml	water
2 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
150 g	fresh kale (or frozen)
100 g	smoked tofu
1 tsp	Kikkoman Naturally Brewed Soy Sauce

Additional:

2 tbsp	Kikkoman Naturally Brewed Soy Sauce
	Freshly ground pepper to taste
	Ground nutmeg
1 tsp	Kikkoman Toasted Sesame Oil
2 tsp	crispy fried onions

PREPARATION

Step 1

1 small onion - **1** garlic clove - **1 tsp** Kikkoman Toasted Sesame Oil - **300 g** potatoes - **1** bay leaf
Dice the onion and finely chop the garlic. Heat the Kikkoman Sesame Oil in a saucepan and gently sauté both. Dice the potatoes, add them with the bay leaf and sauté briefly.

Step 2

500 ml water - **2 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
Pour in the water and the Kikkoman Ramen Soup Base, bring to the boil and simmer for about 15 minutes. Remove the bay leaf. Blend the soup—it should be very creamy but still fairly thin.

Step 3

150 g fresh kale (or frozen)
Cut the kale into very fine strips (if using frozen kale, defrost it first), stir into the soup, bring back to the boil and cook covered for 3–5 minutes.

Step 4

100 g smoked tofu - **1 tsp** Kikkoman Toasted Sesame Oil **1 tsp** Kikkoman Naturally Brewed Soy Sauce
Cut the tofu into cubes. Heat the Kikkoman Sesame Oil in a small frying pan and fry the tofu until crisp, then season with the Kikkoman Soy Sauce.

Step 5

2 tbsp Kikkoman Naturally Brewed Soy Sauce - Freshly ground pepper to taste - Ground nutmeg - **1 tsp** Kikkoman Toasted Sesame Oil - **2 tsp** crispy

fried onions

Season the soup with the Kikkoman Soy Sauce, pepper and nutmeg, then serve in bowls. Drizzle with the Kikkoman Sesame Oil, top with the tofu from Step 4 and the crispy fried onions and serve.