

# Sundubu Korean soft tofu hot pot

Total time **40 mins**   **20 mins** preparation time   **20 mins** cooking time

Nutritional facts (per portion):  
**1,820 kJ / 435 kcal**

Fat: **21 g**   Protein: **31 g**  
Carbohydrates: **31 g**

## INGREDIENTS

**4 portion(s)**

|                |                                                       |
|----------------|-------------------------------------------------------|
| <b>1</b>       | onion                                                 |
| <b>1</b>       | courgette                                             |
| <b>1 bunch</b> | spring onions                                         |
| <b>2 tsp</b>   | <u>Kikkoman Toasted Sesame Oil</u>                    |
| <b>150 g</b>   | kimchi                                                |
| <b>800 ml</b>  | water                                                 |
| <b>2 tbsp</b>  | <u>Kikkoman Naturally Brewed Soy Sauce</u>            |
| <b>3 tbsp</b>  | <u>Kikkoman Spicy Chili Sauce for Kimchi</u>          |
| <b>400 g</b>   | frozen seafood mix                                    |
| <b>400 g</b>   | soft tofu                                             |
| <b>150 g</b>   | mixed mushrooms (shimeji, enoki or similar mushrooms) |
| <b>4</b>       | eggs                                                  |
|                | Red chilli, shredded, to taste                        |
| <b>80 g</b>    | instant ramen noodles                                 |
| <b>30 g</b>    | shredded cheese                                       |

## PREPARATION

### Step 1

**1** onion - **1** courgette - **1 bunch** spring onions  
Slice the onion and cut the courgette into 1 cm thick rounds. Thinly slice the spring onion diagonally.

### Step 2

**2 tsp** Kikkoman Toasted Sesame Oil - **150 g** kimchi - **800 ml** water - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **3 tbsp** Kikkoman Spicy Chili Sauce for Kimchi - **400 g** frozen seafood mix  
Broth:  
Heat the Kikkoman Sesame Oil in a large pot. Add the kimchi and stir-fry until fragrant. Stir in the onion from Step 1, water, Kikkoman Soy Sauce and Kikkoman Kimchi Chili Sauce and bring to the boil. Add the frozen seafood mix and simmer until cooked through.

### Step 3

**400 g** soft tofu - **150 g** mixed mushrooms (shimeji, enoki or similar mushrooms) - **4** eggs - Red chilli, shredded, to taste  
Gently break the soft tofu into large pieces and add to the broth from Step 2. Add the courgette from Step 1 and mixed mushrooms. Cook until the vegetables are tender. Crack the eggs directly into the broth and cook to your liking. Add the spring onions from Step 1 and simmer briefly. Top with the shredded red chilli to taste.

### Step 4

**80 g** instant ramen noodles - **30 g** shredded cheese  
Finish with ramen: Break the instant ramen

noodles into the remaining broth and cook until tender. Top with shredded cheese, if desired, and serve immediately.