

Tofu Noodle Soup

Total time **60 mins** 30 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
1,699 kJ / 406 kcal

Fat: **13 g** Protein: **21.3 g**
Carbohydrates: **45.4 g**

INGREDIENTS

4 portion(s)

150 g	shiitake mushrooms
1.5 litre	vegan vegetable stock
20 g	dried kombu seaweed
50 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
3 tbsp	rice vinegar
250 g	silk-strained tofu
1 tbsp	cornflour
3	garlic cloves
2	handfuls of fresh spinach leaves
2 tbsp	sesame oil
4 tbsp	<u>Kikkoman Teriyaki Sauce with Roasted Garlic</u>
200 g	ramen noodles
75 g	bean sprouts

PREPARATION

Step 1

Wash and trim the mushrooms, bring the vegetable stock to the boil and cook the mushrooms and kombu for approx. 15 minutes with the lid on. Remove from the heat and leave to stand at room temperature for another 30 minutes. Remove the mushrooms and kombu and place the mushrooms aside.

Step 2

Dice the tofu and dip it in the flour until all sides are covered. Peel and crush the garlic. Thoroughly wash the spinach and spin dry. Heat the oil in a pan, fry the tofu until golden brown on all sides and remove. Fry the garlic and spinach in the cooking juices for 2-3 minute, then add the Teriyaki Sauce and stir.

Step 3

Cook the noodles according to the pack instructions. Thoroughly wash the bean sprouts. Place the noodles, mushrooms, tofu, spinach and bean sprouts in bowls. Bring the stock to the boil again. Pour it over the content of the bowls and serve the Tofu Noodle Soup.