KIKKOMAN

Vegan tomato tsukemen

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
3,654 kJ / 870 kcal

Fat: **42.2 g** Protein: **34.2 g**
Carbohydrates: **82.2 g**

INGREDIENTS

2 portion(s)

1	red onion
2	garlic cloves
2 tbsp	olive oil
200 ml	tomato sauce
140 ml	soy milk
100 ml	water
4 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
4 g	chilli powder
3 tbsp	sunflower oil
4 slices	courgette (5 mm – 1 cm thick)
4	thin slices of pumpkin
200 g	tofu
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	Kikkoman Mirin-Style Sweet Seasoning
30 g	flour
60 g	cauliflower florets
4 tbsp	frozen edamame
1 tsp	salt
4	sugar snap peas
240 g	ramen noodles (vegan)
4	Cherry tomatoes

PREPARATION

Step 1

1 red onion - **2** garlic cloves - **2 tbsp** olive oil - **200 ml** tomato sauce - **140 ml** soy milk - **100 ml** water - **4 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour - **4 g** chilli powder

Chop the onion and garlic and fry in the heated olive oil in a small pan over a low heat. Add the tomato sauce, soy milk, 100 ml water and Kikkoman Ramen Soup Base. Cook for 1 minute and remove from the heat. Stir in the chilli powder and divide between 2 bowls.

Step 2

3 tbsp sunflower oil - **4 slices** courgette (5 mm – 1 cm thick) - **4** thin slices of pumpkin - **200 g** tofu - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** Kikkoman Mirin-Style Sweet Seasoning - **30 g** flour

Heat 1,5 tbsp sunflower oil in a pan and fry the courgette and pumpkin until golden brown. Cut the tofu in half and marinate in the Kikkoman Soy Sauce and Kikkoman Mirin-Style Sweet Seasoning for about 10 minutes. Dust the marinated tofu with the flour and fry in the remaining heated oil until golden on both sides.

Step 3

60 g cauliflower florets - **4 tbsp** frozen edamame - **1 tsp** salt - **4** sugar snap peas

Blanch the cauliflower and edamame in salted boiling water for about 3 minutes. Wash the sugar snap peas, cook for about 1 minute, then rinse with cold water.

Step 4

240 g ramen noodles (vegan) - **4** cherry tomatoes
Cook the ramen noodles according to the packet instructions, rinse with cold water and divide between 2 plates. Arrange the tofu and vegetables from steps 2 and 3 on top. Halve the cherry tomatoes, garnish the ramen with them and serve with the tomato dipping sauce.