KIKKOMAN

Japanese style Tofu Noodle Soup Recipe

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 l	vegan vegetable stock
20 g	dried kombu seaweed
50 ml	Kikkoman Naturally Brewed Soy Sauce
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	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
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 in a salad spinner. 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 with Roasted Garlic 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.