

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.