KIKKOMAN

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)

1	onion
1	courgette
1 bunch	spring onions
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
400 g	soft tofu
150 g	mixed mushrooms (shimeji, enoki or similar mushrooms)
4	eggs
	Red chilli, shredded, to taste
80 g	instant ramen noodles
30 g	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
After eating, 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.