KIKKOMAN

Tomato tantan shabu-shabu

Total time **30 mins** **20 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,345 kJ / 560 kcal

Fat: **31 g** Protein: **30 g**
Carbohydrates: **40 g**

INGREDIENTS

4 portion(s)

3	garlic cloves
1 tbsp	ginger
1	head lettuce
2	leeks
1	head pak choi
200 g	mixed mushrooms
1	block (400 g) firm tofu
150 g	bean sprouts
2 tbsp	Kikkoman Toasted Sesame Oil
2 tsp	Sichuan pepper
0.5 tsp	dried chilli flakes
400 g	minced meat (or soy-based plant meat)
400 g	tinned tomatoes, chopped
2 tbsp	tahini
4 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Mirin-Style Sweet Seasoning
1 l	water
150 g	glass noodles
1 tbsp	chilli oil

PREPARATION

Step 1

3 garlic cloves - **1 tbsp** ginger - **1** head lettuce - **2** leeks - **1** head pak choi - **200 g** mixed mushrooms - **1** block (400 g) firm tofu - **150 g** bean sprouts
Finely chop the garlic and ginger. Tear the lettuce into bite-sized pieces. Cut the pak choi into wedges and wash thoroughly. Wash the leeks well, making a slit lengthwise through the dark green parts if necessary to remove any dirt, then slice diagonally. Clean the mixed mushrooms. Cut the king oyster mushrooms into quarters lengthwise, halve the enoki mushrooms and separate the shimeji mushrooms into small clusters. Cut the firm tofu into bite-sized cubes. Wash the bean sprouts and drain well.

Step 2

2 tbsp Kikkoman Toasted Sesame Oil - **2 tsp** Sichuan pepper - **0.5 tsp** dried chilli flakes - **400 g** minced meat (or soy-based plant meat) - **400 g** tinned tomatoes, chopped - **2 tbsp** tahini - **4 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** Kikkoman Mirin-Style Sweet Seasoning - **1 l** water - **150 g** glass noodles
Heat the Kikkoman Sesame Oil in a large pot. Add the garlic and ginger from Step 1, Sichuan pepper and chilli flakes and stir-fry until fragrant. Add the minced meat and cook until browned. Add the chopped tomatoes, tahini, Kikkoman Ramen Soup Base, Kikkoman Soy Sauce, Kikkoman Mirin-Style Sweet Seasoning and water. Bring to the boil and simmer for a few minutes until the flavours have combined. Soak the glass noodles in water until

softened and set aside.

Step 3

1 tbsp chilli oil

Add the pak choy, leeks, mushrooms, tofu and bean sprouts from Step 1 to the soup from Step 2. Cook until the vegetables are tender. Add the lettuce from Step 1 just before serving and briefly swish it through the broth. Drizzle with the chilli oil.

Step 4

After eating, add the glass noodles from Step 2 to the remaining broth. Cook briefly until tender and serve.