KIKKOMAN

Vegetable soup with tofu

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

Nutritional facts (per portion):
2,142 kJ / 512 kcal

Fat: **25.6 g** Protein: **26.4 g**
Carbohydrates: **43.4 g**

INGREDIENTS

2 portion(s)

180 g	tofu
1	red pepper
1	courgette
20 g	red cabbage
40 g	peas
2 tbsp	olive oil
500 g	tomato puree
500 ml	vegetable stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
80 g	cooked rice noodles
2 tbsp	chopped peanuts
2 tbsp	fresh coriander

PREPARATION

Step 1

180 g tofu - **1** red pepper - **1** courgette - **20 g** red cabbage - **40 g** peas - **2 tbsp** olive oil - **500 g** tomato puree - **500 ml** vegetable stock
Dice the tofu and vegetables. Fry them together with the peas in olive oil. Add the purée and stock, and simmer for 20 minutes.

Step 2

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **80 g** cooked rice noodles - **2 tbsp** chopped peanuts - **2 tbsp** fresh coriander
Season with the Kikkoman Soy Sauce and serve with the noodles, nuts and coriander.