






CHILI TOFU RAMEN

Nothing is more comforting than a warming bowl of ramen. This chill tofu version is vegan and low-cal, plus it packs in loads of fresh flavors

 1 hour
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 4 portions

INGREDIENTS

- 25 whole pieces of mushrooms, maitake, raw [28 g]
- 1 fl oz of alcoholic beverage, rice [sake] [29 g]
- 2 tbsps of soy sauce made from soy [tamari] [36 g]
- 1 tbsp of sauce, fish, ready-to-serve [18 g]
- 3 cloves of garlic, raw [9 g]
- 2 units of peppers, hot chili, red, raw [90 g]
- 1 tsp of ginger root, raw [2 g]
- 3 cups of kale, raw [63 g]
- 1.5 cups of mung beans, mature seeds, sprouted, cooked, stir-fried [186 g]
- 1 cup of noodles, japanese, soba, cooked [114 g]
- 150 grams of MORI-NU, Tofu, silken, extra firm
- 1 tbsp of oil, avocado [14 g]

COOKING METHOD

¹⁰ STEP 1 Put the mushrooms, 1 tbsp each of sake, fish sauce and soy, the garlic and ginger, and the halved red chili in a large pan and top up with 2 liters of water. Simmer for 30 minutes until the mushrooms are tender and the stock is fragrant. Add a little more soy sauce, to season, if you like. Strain the stock into a clean pan and bring to a gentle simmer again. Slice the mushrooms and discard the chilli, ginger and garlic. Blanch the greens and beansprouts then drain well. STEP 2 Cook the noodles in boiling salted water until tender, drain and add to 4 warmed soup bowls. Add the sliced mushrooms, greens, beansprouts and marinated tofu to the stock to heat through for a few minutes. Divide the tofu and veg between the bowls, and pour over the stock. Scatter with spring onions and sliced chili, to serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (185 g)	% DRI
ENERGY	76 kcal	140 kcal	7 %
FAT	3 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	494 mg	912 mg	38 %
CARBOHYDRATE	9 g	17 g	6 %
SUGARS	1 g	2 g	—
FIBER	1 g	2 g	9 %
PROTEIN	5 g	9 g	—