

Easy Tofu Miso Soup



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian



Ingredients

- 1/3 cup white miso paste
- 4 cups (1L) vegetable or chicken stock
- 4 cups (1L) water
- 180g buckwheat soba noodles
- 60g bag baby spinach leaves
- 200g firm tofu, diced
- 150g snow peas, trimmed, thinly sliced lengthways
- 4 eggs

- Gochujang, optional, to serve (see notes)
- Toasted black sesame seeds, optional, to serve (see notes)

Method

1. Combine miso paste and 2 tablespoons of hot water in a bowl, stirring until a smooth paste forms.
2. Heat stock and water in a large saucepan over medium heat. When mixture comes to a gentle simmer, add miso paste. Stir until combined. Add noodles and carrot and cook as per noodle packet instructions. Add snow peas and tofu and cook for 2 minutes. Remove saucepan from heat.
3. Bring a saucepan of water to the boil. Add the eggs and simmer for 7 minutes for soft-boiled. Drain and rinse under cold water. Crack eggs and place in a bowl of cold water before peeling (this helps to loosen the shell). Peel shells from eggs and cut into halves.
4. Add spinach leaves to miso soup. Serve soup topped with eggs, a dollop of Gochujang, if using, and scatter with black sesame seeds.

Notes

Gochujang is a hot pepper paste available from the Asian aisle in supermarkets and Asian supermarkets. Black sesame seeds are available from Asian supermarkets. If unavailable, replace with regular sesame seeds.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
698g	1520kj 363kcal	23.4g	11g	2.3g	39g	4.1g	2340mg	6.7g
Vitamin D								
3.4µg								

All nutrition values are per serve.