

MARLEY SPOON



**UNDER
30 MINS**

Tofu with Miso Broth,

Broccoli and Ramen Noodles

 20min  2 Portions

Need a nourishing dinner that's not only light, but good for you, too? This delicate Japanese soup is just the thing, so pull out your chopsticks and soup spoons and don't forget to slurp!

What we send

- ramen noodles ¹
- 1 birds eye chilli, 2 spring onion
- furikake ^{1,3,4,6,7,11}
- silken firm tofu ⁶
- sugar snap peas
- broccoli
- sesame oil ¹¹
- mirin
- white miso paste ⁶

What you'll require

- soy sauce ⁶
- sugar

Utensils

- medium saucepan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

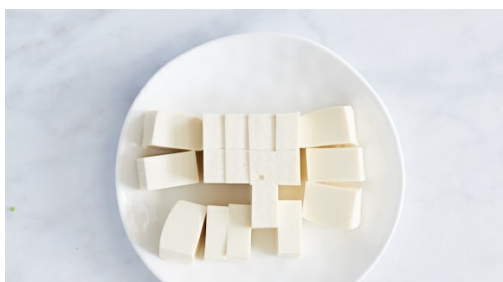
Nutrition per serving

Energy 720.0kcal, Fat 16.3g, Proteins 40.3g, Carbs 98.5g



1. Prepare noodles

Bring a medium saucepan of water to the boil. Cook two parcels of **noodles** in the boiling water for 3-4 mins until tender (reserve remaining for another use). Drain and refresh under cold water. Drain again. Bring 1L (4 cups) water to the boil in a kettle.



4. Drain tofu

Drain the **tofu** and very carefully drain on paper towel. Cut tofu into 2cm cubes.



2. Prepare broth

Place the **miso paste, mirin, sesame oil, 2 tbs soy sauce** and 2 tsp **sugar** in a medium saucepan and stir in 1L boiling water. Slowly bring to the boil over low heat.



5. Make soup

Add the **onion, broccoli** and **sugar snaps** to the broth and simmer gently for 2 mins. Keep warm. Bring a kettle of water to the boil.



3. Prepare ingredients

Meanwhile, thinly slice the **spring onions**. Thinly slice the **chilli** (deseed for less heat if you prefer). Trim and cut the **broccoli** into small florets. Trim and thinly slice the **sugar snap peas**.



6. Get ready to serve

Pour the boiling water over the **noodles** to heat them through. Divide between deep soup bowls. Add the **tofu** and ladle in the **soup** and **vegetables**. Top with the **chopped chilli** and **Furikake**.