

DINNERLY



Soba Noodle Bowls with Tofu and Miso Broth



20-30 minutes



4 Servings

Dinner on the table fast? You bet. These delicious soba noodle bowls with veggies, a quick dashi stock and miso-glazed tofu can be whipped up in no time.

WHAT WE SEND

- 40g miso paste ^{1,6}
- 2 zucchini
- 2 packets tofu ⁶
- 2 packets dry soba noodles ¹
- 8g kombu dashi powder ¹
- 2 carrots

WHAT YOU NEED

- boiling water
- Australian honey
- soy sauce ⁶

TOOLS

- foil
- large saucepan
- oven tray
- paper towel
- sieve

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

ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 555kcal, Fat 12.8g, Carbs 72.3g, Proteins 30.2g



1. Make dashi stock

Preheat the grill to high. Line a large oven tray with foil. Put the **kombu dashi powder** in a medium saucepan, add **1.5L (6 cups) boiling water** and stir to combine. Transfer 2 tbs to a small bowl, then bring the remaining dashi stock to the boil.



2. Prep ingredients

Meanwhile, peel the **carrots**, quarter lengthwise, then halve crosswise. Quarter the **zucchini** lengthwise, then halve crosswise. Remove the **tofu** according to packet instructions, drain on paper towel, then cut into 8 thick slices.



3. Cook carrot and noodles

Add the **carrot** to the boiling dashi stock and cook for 3 mins. Add the **4 bundles of the noodles** (the remaining noodles won't be used in this dish) and cook for a further 1-2 mins until the carrots are just soft and the noodles are tender. Drain over a bowl to reserve the broth, then return to the pan and cover to keep warm.



4. Make miso sauce

Meanwhile, add **2 tbs miso paste** (the remaining miso paste won't be used in this dish), **2 tbs soy sauce** and **2 tsp honey** to the small bowl of dashi stock and whisk to combine. Put the **tofu** and **zucchini** on the lined tray and spoon over **half the miso sauce**. Grill for 6-8 mins until lightly golden and warmed through.






5. Serve up

Divide the **noodles, carrot** and **broth** among bowls. Top with the **zucchini** and **tofu** and drizzle with the **remaining miso sauce** to serve.



6. Make it yours

Toast up some white or black sesame and scatter over to serve, for flavour and flair.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **60%**
Australian ingredients