



FAST

Spicy Tofu Ramen

with Baby Corn and Spinach



20-30min



4 Portions

What's schichimi togarashi, we hear you ponder? We're glad you asked. It's a hot Japanese seven-spice mix and blends vary. Chilli, sansho (a type of pepper), roasted orange peel, hemp seed, sesame, ginger and nori are usual suspects, however. Here it flavours tofu in an easy dashi broth, with noodles, spinach and corn along for the ride too.

What we send

- sesame oil ¹¹
- mirin ¹
- baby corn
- spring onion
- schichimi togarashi spice ¹¹
- silken firm tofu ⁶
- egg noodles ^{1,3}
- kombu dashi powder ¹
- baby spinach leaves

What you'll require

- boiling water
- sea salt and pepper
- soy sauce ⁶

Utensils

- large saucepan with lid
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 675kcal, Fat 19.6g, Carbs 80.9g,
Proteins 33.7g



1. Prepare tofu

Heat the grill to high. Carefully remove the **tofu** according to the packet instructions and drain on paper towel. Cut the tofu into 2cm cubes. Bring a large saucepan of water to the boil for the noodles.



2. Make kombu dashi

Put the **kombu dashi powder** in a heatproof jug, add **2L (8 cups) boiling water** and stir to dissolve. Drain the **baby corn**, then halve on an angle.



3. Cook tofu

Combine the **schichimi togarashi** and **1 tbs oil** in a shallow heatproof dish. Add the **tofu** and gently turn to coat. Grill, without turning, for 5-7 mins or until heated through and light golden.



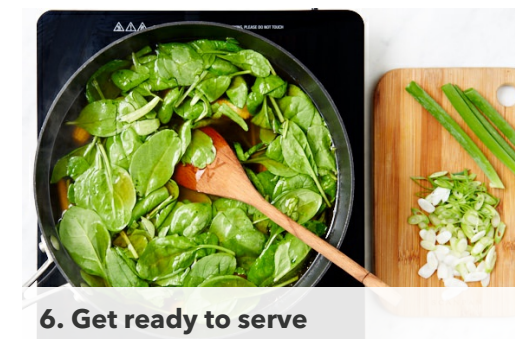
4. Cook noodles

Meanwhile, cook the **noodles** in the pan of boiling water for 3 mins or until tender. Drain.



5. Heat kombu dashi

While the noodles are cooking, heat the **kombu dashi, mirin, 80ml (1/3 cup) soy sauce, sesame oil** and **baby corn** in a large saucepan over medium-high heat for 3 mins or until hot. Taste and season with **salt and pepper**.



6. Get ready to serve

Add the **spinach** and cook for 1 min or until wilted. Remove from the heat. Trim the **spring onion**, then thinly slice on an angle. Divide the **noodles** among bowls and ladle over the **soup** and **vegetables**. Divide the **tofu** among bowls and scatter with **spring onion** to serve.