

MUSHROOM NOODLE BROTH

Inspired by an Itsu recipe



QUICK



10 - 15 mins prep

HEALTHY

Mushrooms contain high amounts of copper which is needed to produce blood cells and maintain heart health

FAMILY



Feeds 5

MEALS

This big bowl of soup is warm and filling – it is a complete meal so can be eaten alone

INGREDIENTS

- 300g mushrooms
- 30g dried porcini/shiitake mushrooms
- 200g shelled edamame
- 150g spinach
- 150g silken tofu
- 100ml soy sauce
- 1-2 tbs rice vinegar
- 1-2 tbs mirin
- 300g cooked noodles or 150g uncooked noodles (you may want to increase or reduce this amount)
- 2 vegetable stock cubes dissolved in 2 litres boiling water
- Optional – small handful sesame seeds

METHOD

- 1) Make up the stock in a large saucepan
- 2) Add the dried mushrooms and simmer whilst you prep everything else
- 3) Slice the mushrooms
- 4) Cut the tofu into small cubes approx. 1cm²
- 5) Cook the noodles according to the pack – drain when cooked
- 6) Use a slotted spoon to remove dried mushrooms from stock and cut into small pieces, then return to pan
- 7) Add mushrooms, edamame and tofu to stock
- 8) Add soy sauce, rice vinegar, mirin.
- 9) Add noodles
- 10) Taste (add more soy/mirin/vinegar if needed)
- 11) Just before serving, bring back to the boil - add spinach till wilted
- 12) Serve with sesame seeds sprinkled on top



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com