

TOFU SOUP WITH NOODLES

(serves 4-6)



Lake Crystal Salt

125g Udon Noodles or tagliatelle
2 teaspoons oil
1.2ltrs vegetable stock
60ml sake or Japanese rice wine
1 tsp sugar
1 tsp soy sauce

60ml sake or Japanese rice wine
75g Long Green Beans
2 Spring Onions, trimmed and thinly sliced
2 tabs miso paste
125g plain tofu, diced
1 small Red Chilli, chopped

METHOD

- Cook the noodles according to packet instructions. Drain, refresh under cold water, drain again.
- Toss with the oil and leave to one side.
- Pour stock, sake or rice wine, sugar and soy sauce into a saucepan.
- Bring to boil, cover and simmer for 10 mins.
- Add the miso paste, tofu and Green Beans
- Heat thoroughly for about 5 minutes.
- Add the noodles.
- Heat through.
- Serve immediately.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.