



Veganuary

Creamy Miso Soup with Crispy Tofu

Ingredients (Serves 3):

- Sunflower oil
- Chili oil
- 3 garlic cloves
- 3 heads of mini bok choy
- 2 scallions
- 1 tbsp of tahini (or peanut butter)
- 250 ml (1 cup) coconut milk
- 1 tbsp soy sauce
- 500 ml (2 cups) of vegetable broth (water + broth cube)
- 1 tbsp miso paste
- Noodles of choice
- Tofu (crumbled)
- Pinch of smoked paprika (optional)
- Lemon or lime (optional)

Instructions for soup base:

1. In a pot, heat 2 tbsp sunflower oil and 1 tsp chili oil over medium heat.
2. Sauté garlic and green onions until fragrant, i.e. about 1 minute.
3. Add 1 tbsp tahini (or peanut butter) and add 1 tbsp soy sauce, lower heat and cook for 30 seconds.
4. Pour the vegetable broth and coconut milk into the soup base.
5. Increase heat to medium again, and bring to gentle simmer. In the meantime, prepare the rest of the dish.

Instructions for tofu:

1. Crumble the tofu into bite-sized pieces.
2. Heat oil in a pan and sauté the tofu on high heat until golden.
3. Add soy sauce, chili oil, and (optionally) smoked paprika.
4. Cook for 1-2 minutes, and then set aside.

Finalising:

1. In a small bowl, dissolve 1 tbsp of miso paste in half a cup of hot water.
2. Turn off the heat for the soup base, and add the contents of the bowl.
3. Cook noodles as desired, adding the bok choy to the soup base 3 minutes before the noodles are done.
4. Portion the noodles, soup, and tofu into bowls. Top with green onions, chili oil, lemon/lime, and any other optional toppings.