

Soup with Enoki-mushrooms

Vegan / CHINA

Preparation:

Gently roast all the ingredients in oil, then add water and soy bean paste to the pot. Next, add tofu, tomatoes and udon noodles. Season the soup and let it come to a boil before it is ready to be served.

Ingredients (four people):

500 g Enoki Mushroom (to be found in an Asian supermarket)

400 g Tofu

300 g Tomatoes

150 g Pak Choi

100 g Salted rocket salad (to be found in an Asian supermarket)

Ginger, Garlic

Green onions

250 g Udon noodles

70 g Soy bean paste

Soy sauce, Sugar, Salt, Oil

250 g Beef for cooking (freeze the beef for a little while in your freezer, then cut in very thin slices 6 x 4 cm)



Contains allergens: Wheat, soy, sulphite/sulphur dioxide
Additives: Preservative
contains alcohol