



25
MINUTE
MEAL

Japanese Noodle Soup

with Soft Tofu



20-30min



2 Servings

This soup is as fun to make as it is to eat. There are a lot of easy components to toss into the slightly sweet soy-bonito broth: buckwheat soba noodles, bok choy and snow peas, scallions, silken tofu and strips of toasted nori. A sprinkling of black sesame seeds is a final touch.

What we send

- bok choy
- black sesame seeds
- snow peas
- roasted nori
- dashi kombu
- soba noodles
- scallions
- mirin

What you need

- coarse salt
- sugar

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 455.0kcal, Fat 11.4g, Proteins 37.8g, Carbs 45.4g



1. Make dashi (broth)

Bring a medium pot of salted water to a boil. In another medium pot, bring 4 cups of water to a boil; remove from heat and add kombu. Let steep for 10 minutes. Strain broth into a bowl and discard kombu.



4. Finish broth

Put the soy sauce, mirin, 2 teaspoons sugar and a pinch of salt in the pot you used to make the broth; bring to a boil. Bring to a boil and cook, stirring, to dissolve sugar, about 1 minute. Add dashi to pot and return to a simmer.



2. Prep vegetables

Meanwhile, trim end and any wilted outer leaves from bok choy, then thinly slice on an angle and wash well. Cut any large snow peas in half on an angle. Trim root ends from scallions, then thinly slice on an angle.



5. Cook vegetables

Add bok choy and snow peas to broth and cook until bright green, about 2 minutes.



3. Cook noodles

Cook the noodles in the boiling water until just tender, 3 minutes, then drain and quickly rinse under cold running water and drain again.



6. Assemble bowls

Divide noodles between bowls. Pour soup and vegetables over the noodles and top with a few scoops of tofu. Slice or crumble nori over top and garnish with scallions and black sesame seeds. Enjoy!