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by Liz Robb

Mushroom, Tofu And Noodle Soup

Ingredients

300g firm tofu
4 cloves of garlic
A piece of fresh ginger
2 red chillies
100g chestnut mushrooms
200g wild mushrooms eg. shitake, enoki
200g small pak choi
1 tablespoon of olive oil
5-6 tablespoons of dark soy sauce
2 teaspoons of sweet chilli sauce
1 teaspoon of fish sauce
2 teaspoons of brown sugar
900 ml vegetable bouillon or stock
200g dried rice noodles
A handful of fresh coriander

Servings
4
Person

Preparation

1. Drain and pat dry the tofu and then slice into strips, not too thin.
2. Peel and crush the garlic, peel and grate the ginger, and then deseed and finely chop the chillies. Wipe or rinse the mushrooms, halve then finely slice the chestnut mushrooms, remove any tough stalks from the shitake mushrooms and slice in half.
3. Wipe the pak choi, trim and break into leaves, slicing larger ones in half lengthways.
4. Heat the olive oil in a pan and gently saute the garlic and ginger for a minute, add the red chilli and the chestnut mushrooms and cook for another minute.
5. Add the shitake mushrooms and continue to saute gently for another two minutes.
6. Stir in the tofu and then add the soy sauce, chilli sauce, fish sauce and sugar . Stir in the vegetable bouillon and bring to a gentle simmer. add the pak choi and cook gently for 3 minutes.
7. Meanwhile, cook the rice noodles according to the instructions on the packet.
8. Finely chop and add the coriander to the soup. Divide the rice noodles between 4 bowls and then spoon the soup on top, garnishing with a little coriander.

Cooks Note

A light and comforting Asian style soup that is nourishing, quick and easy to make, low in fat and meat free, just the thing for this time of year!

You can use any mushrooms for this soup; I had shitake and enoki to hand so I used them, and I like to add a few chestnut mushrooms too for a contrasting firmer texture.

The flavour of this soup is warming but fairly mild; you may wish to add more chilli if you prefer more heat.