MUSHROOM NOODLE BROTH Inspired by an Itsu recipe



QUICK

HEALTHY

FAMILY

MEALS



Mushrooms contain high amounts of copper which is needed to produce blood cells and maintain heart health

Feeds 5

This big bowl of soup is warm and filling - it is a complete meal so can be eaten alone

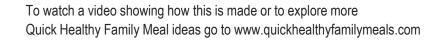
INGREDIENTS

- 300g mushrooms
- 200g shelled edamame
- 150g spinach
- 150g tofu
- 75ml soy sauce
- 1 tbs rice vinegar
- 1 tbs mirin
- 300g cooked noodles or 150g uncooked noodles (you may want to increase or reduce this amount)
- 2 vegetable stock cubes • dissolved in 2 litres boiling water
- Optional small handful sesame • seeds



- 1) Make up the stock in a large saucepan
- 30g dried porcini/shiitake mushrooms 2) Add the dried mushrooms and simmer whilst you prep everything else
 - 3) Slice the mushrooms
 - 4) Cut the tofu into small cubes approx.1cm²
 - 5) Cook the noodles according to the pack drain when cooked
 - 6) Use a slotted spoon to remove dried mushrooms from stock and cut into small pieces, then return to pan
 - 7) Add mushrooms, edamame and tofu to stock
 - 8) Add soy sauce, rice vinegar, mirin
 - 9) Add noodles
 - 10) Taste (add more soy if needed)
 - 11) Just before serving, bring back to the boil add spinach till wilted
 - 12) Serve with sesame seeds sprinkled on top





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