



Product Spotlight: Mint

Mint is frequently used in various industries in the production of baked goods, chocolates and chewing gums as well as various lotions, perfumes and shampoos!



4 Vietnamese Noodle Soup with Tofu Puffs

Tofu puffs with rice noodles in a warming soup using The Ugly Mug's dashi broth and aromatic cinnamon, topped with fresh mint and bean shoots.



30 minutes



2 servings



Plant-Based

24 August 2020

Spice it up!

Garnish your soup with fresh coriander, lime wedges or sliced red chilli if you have some.

Per serve: **PROTEIN** 28g **TOTAL FAT** 13g **CARBOHYDRATES** 99g

FROM YOUR BOX

RICE NOODLES	1 packet
SPRING ONIONS	2
GINGER	1 piece
STAR ANISE/CINNAMON STICK	1 packet
DASHI BROTH	1/2 jar (125ml) *
TOFU PUFFS	1 packet
RED CAPSICUM	1/2 *
MINT	1/2 bunch *
BEAN SHOOTS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil, salt and pepper, sugar (of choice), chilli flakes, soy sauce (or tamari)

KEY UTENSILS

saucepan, saucepan with lid

NOTES

Use sesame oil to cook the aromatics for more depth in flavour.

For a warmer dish, you can add the tofu puffs to the broth as it simmers.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and simmer for 2–3 minutes, or until cooked al dente. Drain and rinse in cold water.



2. COOK THE AROMATICS

Slice spring onions, peel and grate ginger to yield 1/2 tbsp. Add to a saucepan over medium–high heat with oil. Add star anise and cinnamon stick.



3. SIMMER THE BROTH

Pour in dashi broth and **1L water**. Stir in **1 tsp sugar** and **1 tbsp soy sauce**. Cover and simmer for 10 minutes.



4. PREPARE THE TOPPINGS

Slice tofu puffs and capsicum. Pick mint leaves. Set aside with bean shoots.



5. FINISH AND PLATE

Season broth with **salt and pepper**. Divide noodles and broth among bowls. Top with even amounts of tofu and fresh toppings. Garnish with **chilli flakes** to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

