



### 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

 4 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** 26g **TOTAL FAT** 12g **CARBOHYDRATES** 92g

## FROM YOUR BOX

RICE NOODLES	1 packet
SPRING ONIONS	1/4 bunch *
GINGER	1 piece
STAR ANISE/CINNAMON STICK	1 packet
DASHI BROTH	1/2 jar (250ml) *
TOFU PUFFS	2 packets
RADISHES	1/2 bunch *
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 tbsp. Add to a saucepan over medium–high heat with oil (see notes). Add star anise and cinnamon stick.



### 3. SIMMER THE BROTH

Pour in dashi broth and **1.5 L water**. Stir in **2 tsp sugar** and **2 tbsp soy sauce**. Cover and simmer for 10 minutes.



### 4. PREPARE THE TOPPINGS

Slice tofu puffs and radishes. 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**

