

TONZU

PLANT-BASED WHOLEFOODS

Tamari Tofu Ramen Bowl with Miso Broth & Bok Choy Serves 2 people

Tamari and Tofu are a match made in heaven. For this recipe, you can marinate the tofu in Tamari for hours before, or you can use it on the spot – both will be delish. The noodles, miso broth and bok choy give this dish a gorgeous Japanese flair and flavour. This meal is simple to make and delicious.

Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 10-15 minutes

Total Time: 20-25 minutes



INGREDIENTS

- 300g TONZU Organic Tofu Original
- 1-2 tbsp of your favourite organic miso paste
- 2 tsp organic vegetable stock powder
- 2 bundles of your favourite noodles (rice, soba or udon)
- a few generous jiggles of Tamari sauce
- 2 bunches of bok choy, trimmed
- olive oil for frying tofu
- enough hot water to make broth
- 1-2 radishes or baby beets for garnish (optional)

HOW TO MAKE

1. Cook your noodles according to the pack instructions and keep as warm as possible.
2. Slice the tofu and marinate for a few hours in tamari if time. If not, just sprinkle the tamari on the tofu while cooking on each side.
3. Bring some water to the boil in a steamer and wash and prepare bok choy for steaming.
4. Heat olive oil in a pan and put marinated sliced tofu into the pan to cook until golden on each side. Sprinkle a little more tamari on each side while cooking. OR sprinkle plenty on while cooking if you have not marinated it.
5. While the tofu cooks, prepare the broth and steam the bok choy while the tofu cooks on the second side.
6. To prepare the broth, place a generous cup of boiling water into each bowl. Stir a tsp of the stock in immediately until dissolved followed with a tbsp. or slightly less (depending on how strong you like it) of miso paste. Place the cooked noodles into the broth.
7. Add the fried tofu and the bok choy into the broth and arrange nicely on top. Garnish with radish or baby beets sliced thinly if desired. Enjoy immediately while the broth remains hot.