

Miso soba noodle soup with chilli salt tofu

This nourishing soup is like a warm hug and just what you need with the cooler weather. Firm tofu is a rich source of complete protein, while the broccolini and Asian greens are packed with dietary fibre disease fighting antioxidants. If not a tofu fan, swap for shredded cooked chicken breast (and skip step 2 of recipe).

Serves 4

Prep: 15 min

Cook: 20 min

2 tsp sesame oil
1 onion, thinly sliced
3cm piece ginger, peeled, thinly sliced
750 (5 cups) home-made or salt-reduced vegetable stock
1 tbs mirin
1 tbs salt-reduced soy sauce
350g firm tofu, drained
2 tbs plain flour
½ tsp dried chilli flakes, plus extra to serve
180g dried soba noodles
2 tbs miso paste (I used red miso)
1 bunch broccolini, trimmed, halved
4 cups chopped Asian greens (I used gai laan and bok choy)

1 Heat oil in a large saucepan over medium heat. Cook onion, stirring, for 3-4 minutes or until softened. Add stock, 500ml (2 cup) water, the ginger, soy and mirin and bring to the boil. Reduce the heat to low and simmer, partially covered, for 5 minutes.

2 Meanwhile, place flour and chilli flakes on a large plate. Season well with sea salt and black pepper. Toss tofu in flour mixture to evenly coat. Lightly spray with oil. Air-fry (on air fryer setting – 200°C) for 6-7 minutes or until golden and crisp (see tip).

3 Meanwhile, cook noodles in a large saucepan of boiling water until al dente. Drain and divide between serving bowls.

4 Whisk miso paste into stock mixture. Add broccolini and Asian greens and simmer for 1-2 minutes then remove from heat. Ladle hot soup over noodles and top with crispy tofu. Sprinkle with fresh or dried chilli flakes if desired.

TIP: if you don't have an air-fryer, pan fry tofu in a non-stick frying pan until golden.

Per serve 27.7g protein 14.5g fat (2.5g saturated fat) 43.7g carb 9.3g dietary fibre 1833kJ (433 Cals)