



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

UDON NOODLE MISO SOUP WITH CABBAGE AND SPICY TOFU



PREP
15 min



COOK
25 min



SERVES
4

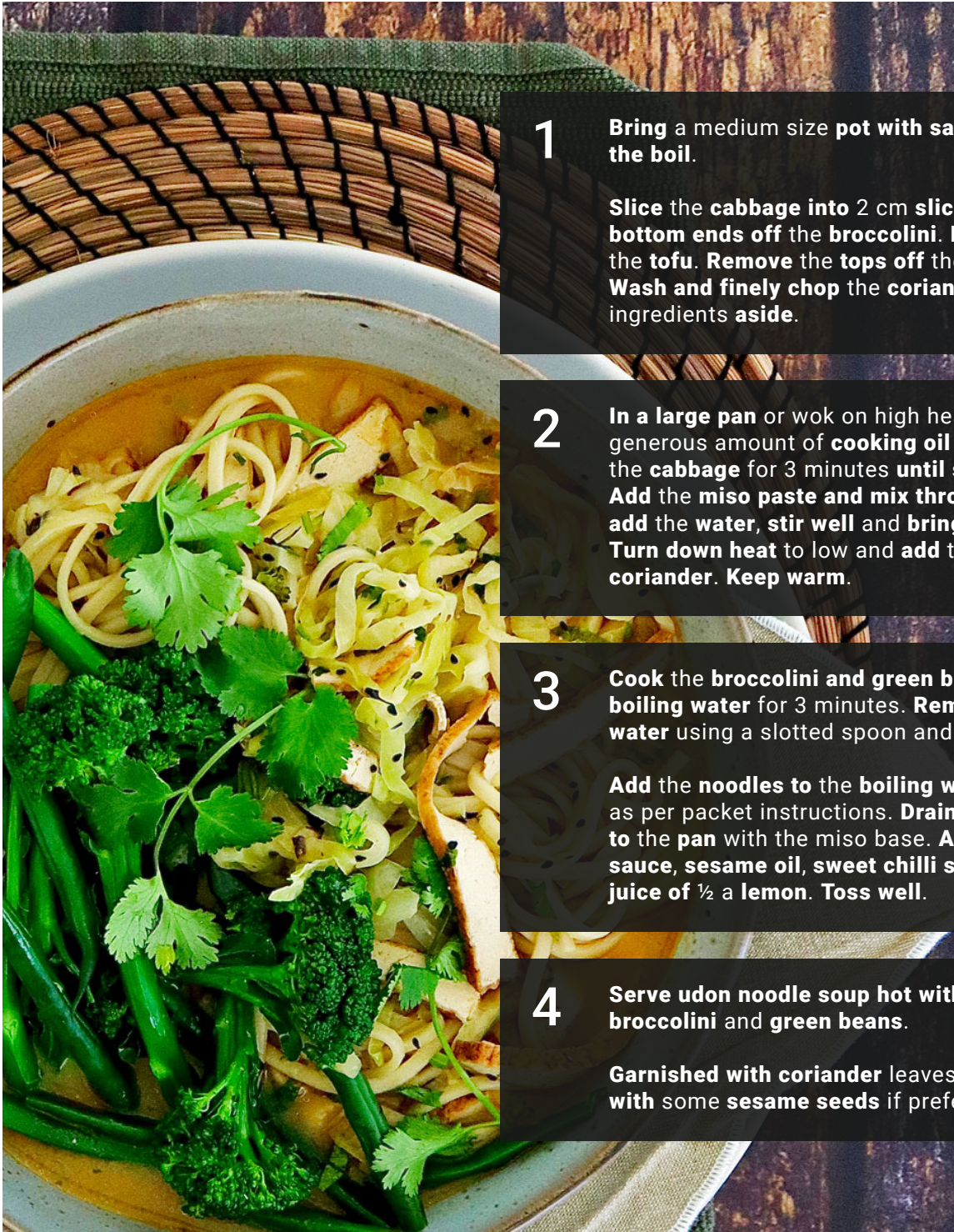
INGREDIENTS:

- > ¼ Cabbage
- > 1 Broccolini Bunch
- > 200g Green Beans
- > 1 Spicy Tofu
- > 100g Miso Paste
- > 300g Udon Noodles
- > ¼ Coriander Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Tbsp Soy Sauce or Tamari
- > 1 Tsp Sesame Oil
- > 1 ½ Tbsp Sweet Chilli Sauce
- > 1L Water
- > Cooking Oil
- > Sesame Seeds (Optional)

METHOD - GET COOKING!



1

Bring a medium size pot with salted water to the boil.

Slice the cabbage into 2 cm slices. Cut the bottom ends off the broccolini. Finely slice the tofu. Remove the tops off the green beans. Wash and finely chop the coriander. Set all ingredients aside.

2

In a large pan or wok on high heat, drizzle a generous amount of cooking oil and sauté the cabbage for 3 minutes until softened. Add the miso paste and mix through. Then add the water, stir well and bring to the boil. Turn down heat to low and add the chopped coriander. Keep warm.

3

Cook the broccolini and green beans in the boiling water for 3 minutes. Remove from the water using a slotted spoon and set aside.

Add the noodles to the boiling water and cook as per packet instructions. Drain and add them to the pan with the miso base. Add the soy sauce, sesame oil, sweet chilli sauce, and the juice of ½ a lemon. Toss well.

4

Serve udon noodle soup hot with sliced tofu, broccolini and green beans.

Garnished with coriander leaves, and topped with some sesame seeds if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover miso paste for marinades, dressings or as snack miso soup.
- Use leftover cabbage for a salad or on a stir fry dish.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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