

Zinc Rich Ramen Soup

This week's recipe is packed with zinc. This recipe is enough for 2 serves and it has 18.67mg of zinc. If you were to have oats for breakfast or a bean burger and salad with a hemp seeds dressing for lunch you would definitely be reaching your daily zinc requirements.

Enough for 2 meals

Ingredients

½ block firm tofu
1 tbsp rice flour
1 tbsp tamari
½ packet rice noodles

Veggies

½ head broccoli cut into florets
½ red capsicum sliced
1 carrot julienned
2 handfuls spinach
1 small zucchini julienned
4 tbsp white miso
1 corn cob (corn removed from the kernel)
1 cup peas

Broth

50 g shitake mushrooms sliced
4 cups of filtered boiling water
6 tbsp sunflower seeds (soaked for 6 hours)
3 tbsp nutritional yeast
1 tbsp tamari
1 inch ginger
1 small brown onion
2 garlic cloves

Method

1. Cut up the shitake mushrooms and soak in the 4 cups boiling water let sit.
2. Cut the tofu and place in a baking paper lined baking dish with the rice flour and tamari and a splash of oil. Bake in a 180°C oven for 20 to 30 minutes.
3. Cook the noodles as per packet instructions.
4. Strain the shitake from the water and reserve the water for the broth. Add all the broth ingredients including the water to the blender and blitz until smooth.
5. Place the broth in a saucepan with the corn, carrot and capsicum and cook for 2 minutes then add the broccoli, peas, shitake mushrooms and zucchini and cook for 4 minutes then add the spinach and cook for a further 2 minutes.
6. Mix the miso with some water and then stir into the saucepan. Season with salt and pepper if needed.
7. Add the rice or noodles into a bowl and add the tofu to the bowl and pour on the broth.



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