

Miso Soup with Tofu & Seaweed

Soupe miso au tofu et algues

- 15 min
- Easy
- 180 kcal per serving
- Lunch
- Dinner
- Vegan
- Quick
- Gluten-Free



Ingredients

FOR ONE SERVING

Miso paste (<i>Pâte miso</i>)	2 tbsp
Firm tofu (<i>Tofu ferme</i>)	100 g
Wakame seaweed (<i>Algue wakame</i>)	5 g
Spring onion (<i>Oignon vert</i>)	2

Nutrition facts

PER SERVING

Calories	180
Protein	12 g
Carbohydrates	16 g
Fat	8 g
Fiber	3 g

Preparation

- 1 Soak the wakame in a small bowl of cold water for 5 minutes until softened, then drain it if there is too much water.
- 2 Cut the tofu into small cubes and slice the spring onion thinly.
- 3 Pour 4 cups of water into a pot and bring it just to a gentle simmer over medium heat.
- 4 Add the wakame and tofu to the pot and simmer for 2 minutes.
- 5 Turn the heat to low, then dissolve the miso paste in a ladleful of hot broth and stir it back into the pot.
- 6 Do not boil the soup after adding the miso, then add the spring onion and season lightly with pepper if you like.
- 7 Ladle into bowls and serve warm.

GOOD TO KNOW

Keep the soup at a gentle simmer after adding miso so the flavor stays smooth.