

# SOBA NOODLE SOUP WITH PRAWNS AND TOFU

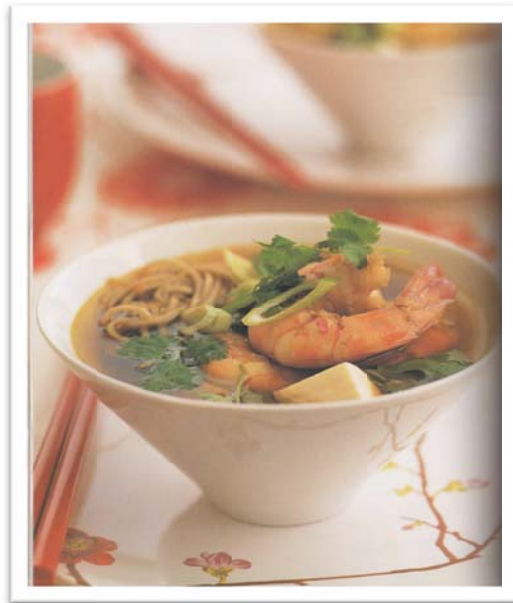
**Preparation time:** 20 minutes

**Cooking Time:** 10 minutes

**Serves:** 4

## Ingredients

100g soba noodles  
1 Litre vegetable stock  
2 teaspoons grated ginger  
2 tablespoons soy sauce  
1 tablespoon mirin  
2 teaspoons caster sugar  
1-2 small red chillies, seeded and finely chopped  
24 raw prawns, peeled and deveined, with tails intact  
2 spring onions, sliced on the diagonal  
50g baby spinach leaves, shredded  
300g silken firm tofu, cut into 2 cm cubes  
¼ cup coriander leaves



## Nutritional Information:

Kilojoules 1225 kJ  
Calories 290 cal  
Protein 38 g  
Total fat 6 g  
Saturated fat 1 g  
Carbohydrate 23 g  
Sodium 1160 mg  
Fibre 2 g  
GI low

## Method

1. Cook the soba noodles in a saucepan of boiling water for 4 minutes, or until tender. Drain and set aside.
2. Combine the stock, ginger, soy sauce, mirin, sugar and chillies in a large saucepan. Bring to the boil, then reduce the heat and simmer for 3 minutes. Add the prawns, spring onions and spinach and simmer for 2 minutes, or until the prawns turn pink and are cooked.
3. Divide the noodles and tofu evenly between four bowls. Spoon over the broth and serve garnished with coriander.

## Tip

The sodium (salt) content of this recipe can be reduced by using either a home-made or a low-salt vegetable stock, and a salt-reduced soy sauce.