



## Spinach, Edamame and Tofu Soup

Add an oriental inspiration to your mid-winter meals with this light soup recipe that mirrors the classic Chinese soup flavours with its use of spinach, tofu, miso, ginger and garlic.

As a low-fat, low-calorie, high-protein meal, this lighter soup can provide some relief from excess yuletide feasting with the lead up to the festive season

### Ingredients

- 250 grams spinach leaves chopped (*if you have baby spinach leaves, just add them without chopping*)
- 100 grams tofu, cubed
- 100 grams edamame beans
- ½ tablespoon oil
- 2 tbsp ginger, finely chopped / minced
- 2-3 cloves of garlic, finely chopped / minced
- 1 tbsp soy sauce
- 1 tsp miso paste
- Szechuan pepper – a few peppercorns lightly crushed. (*if you do not have Szechuan pepper at hand, you could also use ½ tsp of white or black pepper*)
- ¼ tsp chilli oil or chilli flakes
- 4-5 cups of vegetable stock (*if you are not a vegetarian, you can also use chicken stock. If you have only stock cubes at hand, then use around 1-2 stock cubes to 4-5 cups of warm water*)
- 1 tsp lemon juice
- Salt to taste
- Fresh coriander or chopped green onions for garnish

You could also add in finely sliced carrots, mushrooms, chicken, ham etc for an added flavour.

### To make the soup

- Place a thick bottomed pan on medium heat, add oil ginger, garlic, pepper, soy sauce, miso paste, chilli flakes and sauté for half a minute
- Stir in the stock and bring to a boil (*if you are adding any the vegetables, you can add them in at this stage*)
- Lower the heat, add the tofu pieces and simmer for 2-3 minutes.
- Add the spinach leaves, lemon juice and simmer for another minute.
- Add salt to taste
- Add fresh coriander leaves or chopped green onions, a drizzle of chilli oil as garnish and serve hot.

**Total Time – 15 minutes**

**Serves – 2**

**Calories per serving – 220 kcals**