



UCOOK

Ginger & Sweet Potato Soup

with crispy tofu, a sourdough baguette & miso paste

Warm yourself up in winter with this divine soup. Layers of fried spring onion, fresh ginger & garlic, and deeply savoury miso paste make this dish a veggie delight! Topped with kale, rich cannellini beans, and crispy tofu. Sided with toasted sourdough baguette rounds to soak up all the yummy goodness.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Nicole Kaufman

 Veggie

 Alvi's Drift | Signature Viognier

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Ingredients & Prep

1	Spring Onion <i>trimmed & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Fresh Ginger <i>peeled & grated</i>
250g	Sweet Potato <i>peeled & cut into bite-sized pieces</i>
15ml	Miso Paste
7,5ml	NOMU Vegetable Stock
15g	Cashew Nuts <i>roughly chopped</i>
60g	Cannellini Beans <i>drained & rinsed</i>
50g	Kale <i>rinsed & roughly shredded</i>
1	Sourdough Baguette <i>½ sliced into 1-2cm thick rounds</i>
110g	Non-GMO Tofu <i>drained & cut into 1-2cm thick slabs</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. START THE SOUP Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, add the sliced spring onion, the grated garlic, and the grated ginger. Fry until fragrant, 3-4 minutes (shifting constantly). Add the sweet potato pieces, the miso paste (to taste), the stock, and 500ml of boiling water. Simmer until the sweet potato is soft, 15-20 minutes. Place in a blender and blend until smooth. If it's too thick for your liking, loosen with warm water until the desired consistency. Season and cover.

2. TO CHEW ON LATER While the sweet potato is simmering, place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BEAN THERE, DONE THAT Return the pan to medium heat with a drizzle of oil. When hot, add the rinsed beans and fry until crispy, 10-12 minutes (shifting occasionally). Remove from the pan and season.

4. HAIL THE KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, massage until softened and coated in oil. Return the pan to medium heat with a drizzle of oil. When hot, add the massaged kale and fry until the kale is slightly wilted, 4-5 minutes (shifting occasionally). Season.

5. BA-GUETTE YOURSELF SOME Return the pan to medium heat with a drizzle of oil. When hot, add the baguette rounds, cut-side down, and toast until browned, 1-2 minutes per side. Remove from the pan.

6. CRISPY TOFU Return the pan to high heat with a drizzle of oil. When hot, fry the tofu slabs until crispy, 3-4 minutes per side. Cut into bite-sized chunks.

7. SOUP'S UP! Bowl up the sweet potato soup. Top with the wilted kale, the crispy beans, and the tofu chunks. Garnish with the toasted nuts. Side with the toasted baguette rounds for dunking. Well done, Chef!



Chef's Tip

Air fryer method: Coat the shredded kale in oil and season. Air fry at 200°C until crispy, 5-8 minutes.

Nutritional Information

Per 100g

Energy	535kj
Energy	128kcal
Protein	5.4g
Carbs	20g
of which sugars	3.6g
Fibre	2.5g
Fat	2.6g
of which saturated	0.4g
Sodium	360mg

Allergens

Gluten, Allium, Wheat, Tree Nuts, Soy

Cook
within 5
Days