

Winter Warmer - Japanese Style

Ingredients ..

2 Carrots, cut into large chunks

1 Parsnip, cut to large chunks

1 Leek, cut to large chunks

1 Broccoli head, cut into florets

1 block of Organic Tofu, cut into cubes

Cooking oil

1 strip of SANCHI Kombu sea vegetable

5g SANCHI Shiitake (rehydrated for 1 hour beforehand)

Seasoning - SANCHI Teriyaki to taste

Garnish - chopped fresh salad Onions

Instructions ..

1. Deep fry the Tofu cubes until a golden colour.
2. In a stainless-steel saucepan bring to the boil 3 cups water, Kombu strip, Shiitake slices and soaking water. Add the carrots and parsnip, simmer for 10 minutes.
3. Add the rest of the vegetables and Tofu cubes. Simmer for a further 5 minutes.
4. Season to taste with Teriyaki and decorate with the spring onions.

Serve immediately.