RECIPE IDEAS
Tom Kitchin’s Vegan Box

Vegetable & Tofu Broth

**Ingredients**
- 1 carrot peeled & diced
- ½ white onion diced
- ½ courgette diced
- ½ yellow pepper diced
- ½ red pepper diced
- ½ tin of sweetcorn
- 2 portions of noodles
- 2 pieces of tinned jackfruit cubed
- 1 knob of ginger peeled & finely sliced
- 1 wedge of tofu cut into cubes
- 1 chilli deseeded & diced
- 2 whole garlic cloves
- 2 vegetable stock cubes
- 900ml water
- Vegetable oil
- Salt & pepper to taste
- Soy sauce to taste

**Directions**

1. Simmer the water and add the stock cubes, whole garlic cloves and a splash of soy sauce. Leave this to gently simmer.
2. While your broth is infusing, prep the vegetables.
3. Once you have all of the vegetables chopped and prepared, remove the whole garlic cloves from the broth. Taste the broth and add salt and pepper to taste.
4. Add the noodles to the broth and cook for 3 minutes.
5. While the noodles are cooking, heat a frying pan with a dash of the vegetable oil.
6. Once the frying pan is hot, sauté the onion, carrot, pepper and courgette for a minute and then add the ginger and chilli and cook for another 3-4 minutes until the vegetables are al dente.
7. Add the vegetable mix to the broth and noodles and then add the chopped jackfruit, tofu and sweetcorn.
8. Serve the noodles and broth in a bowl and season with soy sauce and chopped coriander (if you have any!). Enjoy!