**Leek & Tofu Noodle Bowl**

This healthy light soup is full of fresh seasonal flavours with a punchy kick and plenty of protein to keep you energised.

Serves 4

Preparation time: 15 minutes

Cooking time: 15 minutes

15g/½oz dried wild mushrooms, such as porcini or shittake

2 tbsp tamari soy sauce

2 tbsp rice vinegar

1 tbsp mirin

350g firm tofu, drained, patted dry and cut into 8 cubes

Cornflour for dusting

olive oil or coconut oil for frying

1 litre boiling water

1/2 tsp fresh grated ginger

200g straight to the wok rice noodles

100g shittake mushrooms, thinly sliced

1 leek shredded

2 pak choi, roots trimmed, leaves separated and washed

large handful of fresh beansprouts

2tbsp white miso paste

2 spring onions, trimmed, very thinly sliced

50g roasted cashew nuts, roughly chopped

Sliced red chilli, to serve (optional)

Fresh coriander leaves to serve

4 Eggs, free range

1. Put the dried mushrooms in a jug and cover with a little boiling water. Allow to soak for 15 minutes then drain (reserve liquid) and chop finely.
2. Combine the tamari, vinegar and mirin in a shallow bowl and stir to mix. Place the tofu in the marinade and turn to coat. Leave to absorb the flavours for about 30 mins or more.
3. Scatter the cornflour over a plate. Remove the tofu from the marinade, reserving the marinade, and roll in the cornflour to coat all sides. Heat a wide frying pan over a medium-high and add enough oil to cover the base of the pan. Fry the tofu, using tongs to turn, until dark golden and crisp all over. Drain on kitchen paper.
4. Soft boil the eggs. Heat a medium sized saucepan to a rolling boil. Use a slotted spoon to gently place the eggs in the water. Cook for 5-6 minutes and immediately transfer to a bowl of cold water to prevent further cooking. Let cool until they are able to be handled and peel.
5. Place 1 litre of water in a medium saucepan with the reserved marinade and bring to the boil. Add the reserved mushroom liquid, dried mushrooms, shredded leeks, ginger, pak choy, mushrooms, and noodles and return to the boil. Simmer until the vegetables are just tender, about 3-4 mins. Turn off the heat and stir in the miso paste, beansprouts and spring onions.
6. Halve the eggs. Divide between 4 bowls and place the tofu cubes and eggs on top. Scatter with chopped nuts and coriander leaves and a little sliced chilli if wished.

Nutritional Analysis per serving

Calories 287kcal, fat 11.5g, saturates 1.9g, carbohydrates 19.4g, sugar 6.2g, fibre 6.9g, protein 22.8g, salt 2.2g