Soups / France

# Clear soup with firm tofu and courgette · France

A clear broth with firm tofu, courgette and a France-inspired flavour base.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 600 g courgette
- ☐ 1300 ml low-salt vegetable stock
- ☐ 20 g Dijon mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh tarragon
- ☐ salt and pepper to taste

## Let's make it.

01 Clean the courgette and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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