Soups / India

Clear soup with firm tofu and carrot · India

A clear broth with firm tofu, carrot and a India-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 carrot
- ☐ 1300 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the carrot 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 ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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