Soups / Netherlands

Clear soup with firm tofu and cauliflower · Netherlands

A clear broth with firm tofu, cauliflower and a Netherlands-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 500 g firm tofu
- ☐ 1300 ml low-salt vegetable stock
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g cauliflower
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the cauliflower 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 mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-nl-13-05-4466e2b