Vegan Miso Udon
Serving: Serves 4

If there's one recipe that you need to be well-acquainted with when you're short on time, this is it. Quick to whip up and easy on the stomach, this vegan-friendly, gut-healthy and umami-rich one dish meal will have you slurping up every last bit of its surprisingly rich broth. If udon is not quite your cup of tea, enjoy the broth as a traditional Japanese appetiser with steamed rice.

Ingredients
1l vegetarian kombu dashi
1tbsp Noda Naturally Fermented Red Miso
3tbsp white miso
250ml unsweetened soy bean milk
A bunch each of enoki and shimeiji mushrooms
12 yuba sticks, sliced and knotted
4 stalks of bok choy, sliced in half vertically
1 packet of Himi Buckwheat Udon

For garnishing (optional)
½tsp toasted black and white sesame seeds

Method
1. In a small pot, bring the kombu dashi to a boil and turn off the heat.
2. Place the red miso on a ladle and partially immerse the ladle in the dashi. Using a pair of chopsticks, gently agitate the miso until the miso dissolves completely. Repeat with the white miso.
3. Add the soy bean milk and warm the broth without letting it come to a boil.
4. In another pot, bring water to a boil before adding the udon. Cook for 10 minutes. Drain and divide into equal portions in four bowls.
5. Blanch the mushrooms, yuba and bok choy.
6. Ladle the dashi broth into the bowls and top with mushrooms, yuba and bok choy.