CHINESE · LUNCH · DINNER

# Vegetable Hot and Sour Soup

40 min · Serves 4 · 302 kcal a serve · Video 19:29 · Made With Lau

Vegetarian · No dairy listed · No nuts listed

A vegetarian soup packed with four kinds of mushroom, tomato and a whole block of tofu: a bowl gives about 24 g of protein, half a day's calcium and 5 g of fibre, with its heat from white pepper rather than chilli oil.

**Diet notes:** Low saturated fat (2.6 g, 8% of the energy); Gluten-free with a swap: Use tamari in place of the light and dark soy sauce.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 20 · SERVES 4

- [ ] 1 tbsp **corn oil**, warmed with 2 dried chilli peppers that are then removed
- [ ] 2 medium **tomatoes**, diced
- [ ] 1.2 L **hot water**, plus 2 tbsp for the cornstarch
- [ ] 1 tsp **ground white pepper**
- [ ] 1 tsp **salt**
- [ ] **Soy sauce**: 2 tbsp light soy sauce
- [ ] ½ tbsp **dark soy sauce**
- [ ] 1 tbsp **sugar**
- [ ] about 55 g seafood (beech) mushrooms, roots trimmed
- [ ] about 55 g king trumpet (eryngii) mushroom, cut into strips
- [ ] 2–3 **shiitake mushrooms**, sliced (soaked first if dried)
- [ ] 7 g **dried wood ear fungus**, soaked (about 55 g soaked), cut into strips
- [ ] 45–55 g **carrot**, cut into thin strips
- [ ] ½ **red bell pepper** (about 30 g), cut into strips
- [ ] 400 g **firm tofu**, cut into thin strips
- [ ] 3 tbsp **cornstarch**
- [ ] 2 **eggs**, beaten
- [ ] 2 tbsp **vinegar** (more to taste)
- [ ] 1 tsp **sesame oil**
- [ ] 2 **green onions**, chopped, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Gluten, Egg, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the wood ear fungus in warm water for 15–20 minutes (and dried shiitake for 5–10). Cut all the mushrooms, carrot, bell pepper and tofu into thin strips and dice the tomatoes. Mix the cornstarch with 2 tbsp water and beat the eggs. 2:09
2. Heat a little oil in a wok over high heat with the chilli peppers for about a minute to flavour it, then remove the chillies. 5:23
3. Stir-fry the tomatoes for 30–60 seconds, then add the 1.2 L of hot water. As it comes to the boil, stir in the white pepper, salt, light and dark soy sauce and sugar. 6:03
4. Add the mushrooms, carrot, bell pepper and tofu, cover and bring back to the boil, 3–4 minutes. 7:05
5. Stir the slurry and pour it in slowly over about a minute, stirring all the time, until the soup thickens. Drizzle in the beaten eggs and give just a gentle stir so they set in ribbons. 7:39
6. Add the vinegar and sesame oil, turn off the heat, taste for sourness and garnish with green onion. 8:40

> **Tip** Add more vinegar or white pepper to taste. Daddy Lau says shrimp or thin strips of meat can go in after the slurry. Keeps 2 days in the fridge; reheat gently.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 302 kcal | 24 g | 20 g |
| 1,260 kJ | 47% of a day | 15 g net · 7.3 g sugars |
| | | 7% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 5 g | 16 g | 1,190 mg |
| 18% of a day | 2.6 g saturated | 52% of a day |
| | 21% of a day | |

**Energy from** net carbs 20% · protein 32% · fat 48% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Omega-3 58% · Calcium 55% · Selenium 53% · Vitamin K 24% · Zinc 23% · Vitamin C 23% · Iron 21% · Magnesium 21% · Vitamin B6 21% · Vitamin A 20%

**Source of** (10–19%) Folate 17% · Potassium 15% · Vitamin B12 12% · Vitamin E 10%

⚠ One serve has about 52% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** Made With Lau (@MadeWithLau) on YouTube — youtube.com/watch?v=dBXeW0vyiNc, published 1 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/vegetable-hot-and-sour-soup