

Seaweed, Mushroom and Tofu Soup



Adding mushroom into a tofu soup boosts up the “umami”. Seaweed contains iodine, which is required for normal thyroid function.



Ingredients

- | | |
|---------------------|------------------|
| 1. Seaweed | 20 g |
| 2. Silky tofu | 400 g |
| 3. Mushroom | 4 pcs (~40 g) |
| 4. Minced lean pork | 4 taels (~160 g) |
| 5. Water | 6 bowls |

Marinade (For minced pork)

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|-----------------|---------|
| 1. Salt | 1/8 tsp |
| 2. Sugar | 1/2 tsp |
| 3. White pepper | trace |

Seasoning

- | | |
|---------|---------|
| 1. Salt | 1/8 tsp |
|---------|---------|

Method

1. Soak the seaweed in water until softened.
2. Wash and dice the silky tofu.
3. Wash, destalk and slice the mushroom.
4. Mix the minced pork with the marinade.
5. Boil 6 bowls of water and add the minced pork. After the minced pork has turned pale red, add in the seaweed, mushroom and tofu. Cook on low heat for 20 minutes.
6. Season with salt.

Nutrition / Preparation Tips

1. Seaweed is rich in iodine, which is required for normal thyroid function. Use seaweed with no added oil and salt.
2. Mushroom is a source of glutamate, which is one of the building blocks for our body's protein molecules. Glutamate gives rise to the flavour of mushroom-“umami”.

Notes for Special Diets

- **Low-Salt Diet**
Instead of salt, add pepper and scallion as alternative seasoning.
- **Low-Purine Diet**
Tofu and pork should be consumed in moderation and counted towards total daily servings of “meat, fish, egg and alternatives” group to avoid excessive intake.

Nutrient Analysis(per serving)

Energy(kcal)	153
Carbohydrate(g)	3
Protein(g)	15
Fat(g)	9
Dietary fibre(g)	0.3
Sodium(mg)	212

