

Vegetable Tom Yum Soup

with Napa Cabbage & Tofu

Tom yum is a Southeast Asian soup popular in Laos and Thailand. There are many different regional variations, but tom yum gets its fragrant base note from a combination of traditional herbs (like lemongrass, galangal and makrut lime leaves) and chiles. The result is a delicious, slightly hot and sour soup. In our version, we're using both tom yum paste and fresh herbs to infuse the broth. Coconut powder (dried coconut milk) gives the soup a rich finish, highlighting the earthy mushrooms, cabbage and bean sprouts. (The fact that "yum" means "tasty" in English seems to be a happy coincidence.)



Ingredients

- 1 14-Ounce Package Extra Firm Tofu
- 6 Ounces Maitake Mushrooms
- 3 Scallions
- 2 Ounces Bean Sprouts
- 2 Cloves Garlic
- 1 Lime
- 1 Stalk Lemongrass
- ½ Pound Napa Cabbage

Knick Knacks

- 2 Tablespoons Tom Yum Paste
- 1 1-Inch Piece Ginger
- ½ Cup Coconut Milk Powder

Makes 2 Servings

About 600 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Cut the tofu in into bite-sized cubes. Trim off and discard the bottoms of the mushrooms; cut the mushrooms into bite-sized pieces. Trim off and discard the roots of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and mince the garlic and ginger. Cut off and discard the ends of the lemongrass stalk; peel away the fibrous outer layers until you reach the white, pliable core. Thinly slice the core. Remove the core of the cabbage; cut the leaves into bite-sized pieces. In a medium bowl, whisk together the **coconut powder** and $\frac{1}{2}$ **cup of warm water** until smooth. Using a peeler, remove the green rind of the lime, avoiding the white pith. Mince the rind to get 2 teaspoons of zest. Quarter the lime.

2



Cook the mushrooms:

In a large pot, heat 2 teaspoons of oil on medium-high until hot. Add the **mushrooms**. Cook, stirring occasionally, 3 to 4 minutes, or until crispy and golden brown. Transfer to a paper-towel-lined plate; season with salt and pepper to taste. Wipe out the pot.

3



Cook the aromatics:

In the same pot used to cook the mushrooms, heat 2 teaspoons of oil on medium until hot. Add the **garlic**, **lemongrass**, **ginger** and the **white bottoms of the scallions**. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **tom yum paste** and cook, stirring constantly, 1 to 2 minutes, or until fragrant.

4



Add the water, tofu & vegetables:

Add **4 cups of water** to the tom yum-aromatics mixture; heat to boiling on high. Add the **tofu**, **cabbage** and **bean sprouts**. Reduce the heat to medium-low. Simmer, stirring occasionally, 3 to 4 minutes, or until the cabbage has wilted. Remove from heat.

5



Finish the soup:

Stir the **coconut powder-water mixture**, **lime zest** and the **juice of 2 lime wedges** into the soup; season with salt and pepper to taste and remove from heat.

6



Plate your dish:

Divide the soup between 2 bowls. Top with the **crispy mushrooms**. Garnish with the **green tops of the scallions** and serve with the **remaining lime wedges** on the side. Enjoy!