

## Korean tofu hot pot

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This Korean tofu hot pot is a great winter warmer. It's also packed full of essential vitamins and minerals to boost our immunity through the colder months.

### Ingredients (serves 4-5)

- 1 brown onion
- 1 tbsp rice bran oil
- 100g shiitake mushrooms, sliced
- 100g [enoki mushrooms](#), sliced
- 5 spring onions
- 3 cups vegetable or faux chicken stock
- 1 ½ tbsp tamari
- 1 tsp kelp flakes
- 2 tbsp minced chilli
- 1 tbsp [coconut sugar](#)
- 2 cloves garlic (crushed)
- 2 tbsp [sesame](#) oil
- 2 cups spinach
- 300g silken or firm tofu

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### Method

Begin by dicing the brown onion. Place the diced onion into a saucepan along with the rice bran oil and gently cook over a medium heat. Once the onion becomes translucent, add in the sliced mushrooms and let cook for a further two to three minutes.

Slice the spring onions and add three of them (leaving the extra chopped two spring onions for garnishing) into the saucepan. Add in the vegetable stock and let simmer.

In a small bowl, mix in the tamari, kelp flakes, chilli, coconut sugar, garlic and sesame oil. Add into the saucepan (if using firm tofu, cube and add into the saucepan at this stage) and continue to let cook for 15 to 20 minutes or until liquid is reducing and becoming thicker.

If using silken tofu, add in at the last minute alongside the spinach.

Serve with rice, noodles or on it's own and garnish with the spring onions

Recipe and images by [Kate Bradley](#)

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