Miso Udon

NIBBLEDISH CONTRIBUTOR

Ingredients

Ikan Bilis / Dried Anchovies
Dried Scallops
Miso Dashi (I used Instant)
Silken Tofu
Chinese Parsley/Coriander
Spring Onions
Tomatoes
Shaved Dried Bonito Flakes
Seaweed
Udon (I used the dried ones in packets that looks just like white spaghetti.)
Enoki Mushroom
Brown Mushroom

Instructions

Wash clean the dried anchovies and scallop.
Wash and Chop the tomatoes and mushrooms.

Throw the washed anchovies, scallops, tomatoes, mushrooms and instant miso dashi into a large pot of boiling water and turn the heat low for the next 30 mins in order to bring out the flavour and sweetness of the anchovies and scallops.

Boil another pot of water for the Udon. While you are doing this, put in the chopped coriander, spring onions and silken tofu. Prepare the udon in the same way as you would for spaghetti/ pasta. Set aside in bowls.

Pour the soup into the bowls of udon, and top it off with dried seaweed and shaved bonito flakes.

Enjoy!