

SOTO NON AJAM

2 persons / 405 kcal per serving

Ingredients:

Broth

- 1½ tablespoon soy sauce
- 125 grams of young jackfruit
- ½ tablespoon of oil
- 1 cloves of garlic
- ½ onion
- ½ cm of fresh ginger
- ½ tablespoon of curry
- 1 lemongrass stalk (sereh)
- 1 bay leaves
- ½ tablespoon of lime juice
- 1 liter of boiling water
- 3 vegetable stock cubes

Toppings

- 2 eggs
- 150 grams of green beans
- 100 grams of pandan rice
- 62½ grams of bean sprouts
- ½ half cucumber
- 4 tablespoons of vinegar
- 1½ stalk of spring onion
- 15 grams of fried onions

Preparation:

Drain the jackfruit and marinate in the soy sauce and some salt and pepper. Set aside for a moment. Crush the lemongrass stem. Peel the onion, garlic and ginger and cut very fine. Heat the oil in a stockpot and briefly fry the onion, ginger and garlic at medium temperature. Then add the water, stock cubes, lemongrass stalk, curry powder, lime juice and bay leaf. Cook for 15 minutes. Add the jackfruit (incl soy sauce) for the last 5 minutes and let it cook. Remove the bay leaves and lemongrass from the soup. The soup is now ready to serve. Serve it in separate bowls with the toppings below.



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Meanwhile, prepare the following toppings:

- Cook the rice according to the instructions on the package.
- Wash and cap the green beans and cook until al dente in 10-12 minutes.
- Boil the eggs for 7 minutes, drain and peel when they have cooled.
- Cut the spring onion into thin rings.
- Cut the cucumber in half. Remove the seeds and cut into thin slices. Place in a bowl and pour 4 tablespoons of vinegar and add water until the cucumber is just under water. Let the acid soak in and drain as soon as you start using the cucumber.

Put each topping in a bowl, and also the fried onion and bean sprouts.

Nutritional value per portion:

Energy:	405 kcal
Protein:	15.6 grams
Carbohydrates:	54.0 grams
- including sugars:	3.4 grams
Fat:	12.1 grams
Fiber:	8.8 grams
Salt:	1.8 grams