

Tofu, Butterbean & Kale Soup (serves 4):

A delicious, comforting soup which also works well with smoked tofu.

Ingredients:

- 400g firm tofu, cubed
- 1 ½ tablespoons rapeseed oil
- 1 onion, finely sliced
- 1 leek, sliced
- 2 garlic cloves, crushed
- 1 teaspoon smoked sweet paprika
- 75g curly kale, coarse stems discarded, torn into bite-sized pieces
- 400g can chopped tomatoes
- 200ml good vegetable stock
- ½ teaspoon of sea salt
- ¼ teaspoon black pepper
- 400g can butterbeans, drained and rinsed

Method:

- Blot the tofu dry with kitchen paper
- Heat 1 tablespoon of the rapeseed oil in a large non-stick saucepan over medium heat
- Add the tofu and brown on all sides, turning carefully
- Remove from the pan and set aside
- Heat the remaining oil in the saucepan and gently sauté the onion, leek and garlic for 5 minutes
- Stir in the smoked paprika and kale, adding a splash of water to help steam-fry the kale
- Cook for 2-3 minutes then stir in the tomatoes, stock, salt and pepper
- Simmer for about 5 minutes until the kale is cooked to your liking
- Carefully stir in the butterbeans and tofu, trying not to break up the tofu, and season to taste.