



Low FODMAP Hot & Sour Asian Soup

Serves: 4

Prep: 10 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
1 fresh red chillies	28 g	1 oz
2½ tsp crushed ginger	12 g	12 oz
1 tbsp garlic infused olive oil	18 g	0.6 oz
1 can of champignon mushrooms in brine	425 g	15 oz
2 tsp sesame oil	10 g	0.4 oz
1 can of bamboo shoots	430 g	15.2 oz
3 tbsp soy sauce	60 g	2.1 oz
3 tbsp rice wine vinegar	60 g	2.1 oz
2 tsp balsamic vinegar	10 g	0.4 oz
2 tsp maple syrup or brown sugar	10 g	0.4 oz
Low FODMAP vegetable stock	1000 g	35.3 oz
2 tbsp cornflour	25 g	0.9 oz
Fresh edamame beans	120 g	4.2 oz
Firm tofu	150 g	5.3 oz
Salt and pepper, to season		

Method

1. Deseed and finely chop the red chilli (reserve a few slices as garnish), add more to taste if you prefer spicy food. Crush in a pestle and mortar with a pinch of salt, until it forms a very rough chunky paste. Then mix through the garlic-infused oil and crushed ginger. Place to one side.
2. Drain the champignon mushrooms. Place in a sieve and wash well under running water. Drain again and thinly slice.
3. Heat a large wok or a large heavy based saucepan over medium-high heat. Add the sesame oil and the sliced mushroom. Stir-fry for 4 to 5 minutes until lightly golden.
4. Drain the bamboo shoots, rinse under running water, and if needed slice into thin strips. Make the low FODMAP vegetable stock if needed.
5. Once the mushroom has browned, add the chilli paste and the bamboo shoots. Stir-fry for a further 1 to 2 minutes.
6. Meanwhile, mix together the soy sauce, rice wine vinegar, balsamic vinegar, and maple syrup (or brown sugar) in a small bowl. Stir the mixture into the pan and cook for a minute, then pour in the low FODMAP vegetable stock. Add a few grinds of black pepper.
7. Reduce the heat to low. Dissolve the cornflour in 3 tablespoons of warm water and mix through the soup, and allow to simmer for about 3 minutes. Then add in the fresh edamame beans (let these simmer for about 6 minutes). While the soup simmers, finely chop the green spring onion tips and the fresh chives. Cut the tofu into 1cm (0.4 inch) cubes.
8. About 1 minute before you are ready to serve, stir through the tofu (allow to warm). Season to taste with more soy sauce, vinegar or red chilli as needed. Then dish into bowls and garnish with the fresh chives, spring onion tips and red chilli slices. Enjoy!

Hints

- Make sure you buy firm tofu stored in water (drain the water off). Normally champignon (button) mushrooms are high FODMAP, this means you need to buy canned champignon mushrooms in brine, which are lower in FODMAPs. Both canned champignon mushrooms and canned bamboo shoots can often be found in Asian supermarkets.
- Choose a low FODMAP vegetable stock that does not contain onion, garlic or other high FODMAP ingredients or make your own using the recipe here.
- Make sure your soy sauce, vegetable stock and cornflour (cornstarch) are gluten free.

Nutrition Information (per serve)	
Energy	1070 Kj / 256 cal
Protein	15.40g
Carbohydrates	15.70g
Sugar	6.10g
Total Fat	13.50g
Saturated Fat	1.70g
Fibre	6.60g