

Umami Miso Ramen with Crispy Tofu (Low FODMAP)

A soul-warming Japanese ramen bowl packed with umami flavor, crispy tofu, and tender vegetables—ready in 30 minutes and completely gut-friendly.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 2

Low FODMAP ✓

Ingredients

1 tsp olive oil

1 (about 5g), finely chopped, plus extra sliced for garnish small red chilli

2.5cm piece (about 10g), peeled and finely grated fresh ginger

140g, drained, dried, and cut into 2cm cubes firm or extra firm tofu

1 tbsp (gluten-free soy sauce) tamari

2 tsp (rice-based, low FODMAP certified) brown miso paste

1 tbsp, freshly squeezed lime juice

75g, separated into individual stems shimeji mushrooms

2 stalks, green tops only, finely chopped (discard white bulbs) spring onion greens

200g (100% buckwheat soba or rice noodles) gluten-free noodles

2 small heads (about 200g total), halved lengthwise pak choi

1 medium (about 80g), julienned into thin ribbons carrot

small handful, leaves and tender stems fresh coriander

Instructions

Step 1: Build the aromatic base

(2 min)

Heat the olive oil in a large wok or deep skillet over medium heat. Once shimmering, add the finely chopped chilli and grated ginger. Stir-fry for about 2 minutes until fragrant and the ginger begins to soften, being careful not to let them burn. The kitchen should smell wonderfully aromatic at this point.

Step 2: Cook the tofu and mushrooms

(6 min)

Increase the heat to high and add the cubed tofu to the wok. Let it sear undisturbed for 1-2 minutes to develop a golden crust, then stir. Add the tamari, miso paste, lime juice, separated shimeji mushrooms, and a splash of water (about 2-3 tablespoons). Stir-fry everything together for 5 minutes, allowing the tofu to absorb the flavors and develop crispy edges while the mushrooms soften and release their earthy essence.

Step 3: Create the broth

(5 min)

Pour 1.5 litres (about 6 cups) of just-boiled water into the wok, stirring to dissolve any miso paste that hasn't fully incorporated. Reduce the heat to maintain a gentle simmer. Add the chopped green spring onion tops and let the broth simmer for 2-3 minutes to allow the flavors to meld. Taste the broth and adjust seasoning—add more chilli for heat, ginger for zing, or a pinch of salt if needed.

Step 4: Cook the noodles

(6 min)

Add the gluten-free noodles directly to the simmering broth and cook according to the package instructions, typically 4-6 minutes for rice noodles or 5-7 minutes for buckwheat noodles. Stir occasionally to prevent sticking. The noodles should be tender but still have a slight bite when done.

Step 5: Assemble and serve

(3 min)

While the noodles finish cooking, divide the sliced pak choi between two large serving bowls, arranging them so the leafy green tips stand upright around the edges. Using a ladle, carefully transfer the noodles, tofu, mushrooms, and hot broth into each bowl, filling them generously. Top each bowl with julienned carrot ribbons, extra sliced chilli for heat, a sprinkle of reserved spring onion greens, and fresh coriander sprigs. Serve immediately while piping hot.