

1 Day of Healthy Family Food

Miso veggie & noodle soup

INGREDIENTS

200ml water
1 packet organic miso paste (15g)
1 tbsp tamari sauce
1 clove of garlic, peeled
Fresh chilli
3cm fresh ginger, peeled and chopped into slices
1 stalk of celery, cut into 2cm strips
1 carrot, peeled and cut into chunks
1/3 of a courgette, cut into chunks
About 4 florets of broccoli
Juice of 1/2 lemon or lime
Soba noodles (about 80g)
Fresh coriander to garnish

INSTRUCTIONS

Bring water in 2 pans to boil. One for the soup, the other for the noodles. Soba noodles are best boiled separately.


To one pot add miso paste, tamari, garlic clove, fresh chilli and stir. Add your vegetables, reduce heat and simmer for 8-10 minutes until your veggies are nice and tender.

Use the other pot to boil your noodles as per packet instructions. Once done, drain water and rinse to prevent the noodles from sticking.

Add soba noodles to your soup base, use as much lemon or lime juice as you fancy and depending on how tangy you want it, top with fresh coriander, maybe a bit more chilli and enjoy.

TIP:

- 1) I remove the ginger bits and garlic clove before eating, but you don't have to.
- 2) Add prawns: you could add 6-7 king prawns once your soup is ready and let the hot liquid cook them gently before you are ready to serve.

 Healthy **WHOLE** me