

## MISO SOUP WITH VEGETABLES & CHICKEN

Miso means 'fermented beans' in Japanese. In Japan, people begin their day with a bowl of miso soup, believed to stimulate digestion and energise the body. A traditional ingredient in Japanese and Chinese diets, miso paste is made from fermented soybeans and grains and contains millions of beneficial bacteria. The protein-rich paste is highly popular as it provides an instant flavour foundation.

Miso is rich in essential minerals and a good source of various B vitamins, vitamins E, K and folic acid. As a fermented food, miso provides the gut with beneficial bacteria that help us to stay healthy, vibrant, and happy; good gut health is known to be linked to our overall mental and physical wellness.

**SERVINGS:** 2

### INGREDIENTS:

Extra virgin olive oil  
5cm/2in piece fresh root ginger, chopped  
3 garlic cloves, crushed  
pinch of crushed chillies  
1.7 litres/3 pints boiling water  
3 tbsp gluten free miso paste  
2 tbsp lime juice  
150g gluten free noodles  
2 chicken breasts, thinly sliced  
125g shiitake mushrooms, sliced  
70g baby sweetcorn, chopped  
200g sugar-snap peas or green beans, halved  
85g baby spinach  
1 pak choi, chopped into bite sizes  
soy sauce, sesame seeds and coriander to serve



### METHOD:

Heat 1tsp of olive oil over a medium heat. Add the ginger, garlic and chillies and stir-fry for 1 minute, until soft.

Add 1.7 litres/3 pints boiling water and bring to a simmer. Stir in the miso paste, lime juice and noodles and cook for 1 minute. Add the spinach, cover, and set aside.

Season the chicken with pepper, heat a frying pan with olive oil and stir-fry the chicken, mushrooms, and sweetcorn for 2-3 minutes. Add the peas and pak choi, cook for 2 minutes, or until the chicken is cooked through.

Transfer the soup to 4 bowls, spoon over the vegetables and chicken. Top with sesame seeds, coriander and serve with soy sauce on the side.

Note: this soup is very versatile, and you can use any vegetables you like and substitute the chicken with prawns or tofu.