



Miso Soup

Serves 4

Packing a punch full of flavour! This Asian inspired soup will be sure to knock your socks off. Try it as a tempting starter or take it to work for lunch. It's sure to leave you feeling full and satisfied and only 105.47kcal per serving!

What you'll need:

Frying pan, saucepan with lid, measuring jug, weighing scales, wooden stirring spoon, blender/hand blender

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Ingredients

- 100g miso paste
- 200g silken tofu, drained
- 1 litre vegetable stock
- 2 spring onion finely chopped
- 20g kale
- 6-8 leaves bok choy

Method

1. In a pan add miso paste and around 200ml of the vegetable stock and stir to combine
2. Allow the miso paste and veg stock to simmer gently for 3-4 minutes
3. In a saucepan add all the ingredients and bring to the boil
4. Stir, add lid, reduce to simmer and leave for 25 minutes
5. Remove from the heat, stir, return lid and leave for 5 minutes
6. Gently and carefully use the blender or hand blender and blitz until smooth

Approximate nutritional values per serving

| | |
|----------------------------|--------|
| Calories kcal | 105.47 |
| Fat grams | 4.86 |
| <i>Of saturates</i> | 1.0025 |
| <i>Polyunsaturated</i> | 0.014 |
| <i>Monounsaturated</i> | 0.002 |
| Carbohydrates grams | 8.15 |
| <i>Of fibre grams</i> | 1.5 |
| <i>Of sugars grams</i> | 4.63 |
| Protein grams | 5.84 |
| Sodium mg | 3.04 |
| Calcium mg | 8.88 |
| Iron mg | 0.16 |
| Potassium mg | 31.68 |
| Salt mg | 5.3 |
| Vitamin A mcg | 23.23 |
| Vitamin C mcg | 4.4 |