



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PORK & LEEK SOUP

Time: 20 minutes

Serves: 4

Ingredients:

5 cups water
4 teaspoons dashi granules
2 leeks – light-coloured portion thinly sliced – green discarded
8 ounces oyster mushrooms – sliced
8 ounces pork tenderloin – thinly sliced
½ cup soy sauce
2 tablespoons mirin
8 ounces bean sprouts
6 green onions - sliced

Preparation:

Place the water and dashi in a suitable pot over high heat and bring to a boil.

Add the leeks and mushrooms, reduce heat and simmer for five minutes.

Stir in the pork, soy sauce and mirin. Bring the heat to high and return to a boil.

Turn off the burner and stir in the beans sprouts.

Dish into serving bowls and top with the green onions.

Nutritional Information Per Serving:

Calories: 124
Fat: 2g
Carbs: 11g
Fibre: 2g
Protein: 16g