

SHIITAKE SOUP

Time: 30 minutes

Serves: 4

Ingredients:

80g dried shiitake mushrooms
1.5 litres cold water
20g garlic - roughly chopped
10g ginger - roughly chopped
6g kosher salt
Few grinds black pepper
4 green onions - sliced

Preparation:

Place mushrooms and water in a pot. Cover overnight.

Add garlic, ginger, salt and pepper. Place on high heat until a boil is reached. Reduce to simmer for twenty minutes. Remove from heat.

Strain, reserving the stock.

Thinly slice the mushrooms and return to the stock, discarding the garlic and ginger.

Serve topped with the green onion.

Nutritional Information Per Serving:

Calories: 76
Fat: 0.3g
Carbs: 19g
Fibre: 3g
Protein: 3g