

LENTIL MISO CABBAGE SOUP

Time: 40 minutes

Serves: 4

Ingredients:

400g green lentils
2l vegetable stock
400g shredded cabbage or cole slaw mix
100g miso paste
10g fresh ginger - finely chopped or grated
20ml rice vinegar or fresh lemon juice
1 sheet nori - chiffonade
Togarashi - optional

Preparation:

Place lentils and stock in a pot on high heat. Once a boil is reached, reduce to simmer for fifteen minutes.

Stir in the cabbage, miso and ginger, the. bring to a boil again. Reduce to simmer for ten minutes.

Remove from heat, stir in the vinegar and serve garnished with nori and togarashi.

Nutritional Information Per Serving:

Calories: 375
Fat: 2g
Carbs: 65g
Fibre: 32g
Protein: 27g