

MISO SOUP

Time: 30 minutes

Serves: 4

Ingredients:

20g wakame
1.5 litres cool water (plus water for wakame)
30g kombu
10g bonito flakes
100g shiro (white) miso
350g large, uncooked shrimp
4 green onions - sliced and whites discarded

Preparation:

Place the wakame in a small bowl and cover with a few centimetres of additional water. Set aside.

Bring the six litres of water and kombu to a boil over high heat.

Remove from heat and add the bonito flakes by sprinkling on top. Let rest for three minutes.

Strain the broth through cheesecloth or a coffee filter, discarding the kombu and bonito flakes.

In a small bowl, stir together the miso and 150ml of the broth. Set aside.

Return the remaining broth to a pot on high heat. Remove from heat when it just reaches a simmer and stir in the miso mixture.

Strain the wakame and stir into the miso broth.

Add the shrimp, cover and let stand five minutes.

Serve immediately, topped with green onion.

Nutritional Information Per Serving:

Calories: 142
Fat: 3g
Carbs: 8g
Fibre: 1g
Protein: 20g