



Miso Sliced Fish Soup

Ingredients

- 300g of fish fillet, cut into slices
- 1 packet of egg tofu* or silken tofu*, cut into slices
- 150g of cabbage, cut into small pieces
- 1 big tomato, cut into quarters (optional)
- 6 button mushrooms, cut into quarters (optional)
- 2L of vegetable stock
- 1 tbsp of miso paste
- A dash of pepper

Vegetable stock:

- 3 carrots, cut into chunks
- 3 stalks of celery, cut into sections
- 2 onions, cut into quarters
- 150g of soybeans (optional)
- 3 slices of ginger
- 4L of water

Method

To make the vegetable stock:

- Combine all ingredients in a large pot and bring water to a boil. Turn to low heat and let it simmer for at least 1 hour.
- Strain the stock and it's ready to use.

To make this dish:

- Boil the vegetable stock in a pot. Add miso paste, cabbage, mushrooms, tomatoes and boil until they soften.
- Add fish and tofu. Bring to a boil.
- Season with pepper. Serve warm.

Tips:

- Brightly coloured vegetables make the dish more attractive and appetising.
- Store-bought vegetable stock can be used for this recipe. Use home-made stock whenever possible as it contains less salt.
- Miso paste can be high in salt content. Use sparingly or choose lower-sodium miso paste where possible.



*Choose products with the Healthier Choice Symbol.

