

## Quick Miso & Sea Veggies Soup (2 Serves)

### Ingredients

- 1/2 cup Nutritionist Choice instant wakame flakes
- 1/4 cup chopped spring onion
- 1/4 cup firm tofu, cubed
- 1/4 cup chopped green chard
- 3-4 tablespoons organic shiro miso paste (fermented soy bean paste)
- 4 cups water

### Dressing ingredients:

1. Place water in a medium sauce pan and bring to a low simmer.
2. Add instant wakame flakes, tofu, green chard to the pot and cook for 5 minutes.
3. In the meantime, place 3 tablespoons of miso into a small bowl, add a little hot water and whisk until smooth. Then add to the soup and stir.
4. Add spring onion and cook for another 2 minutes or so. Taste and add more miso or a pinch of sea salt if desired. Serve warm.



### Nutritionist Choice

(ABN 18107650402)

1085/50 Lexton Road, Box Hill, Vic 3128

Phone: 0405535323

Email: [info@nutritionistchoice.com.au](mailto:info@nutritionistchoice.com.au)

[www.nutritionistchoice.com.au](http://www.nutritionistchoice.com.au)