



Shiitake & miso noodle soup

Ease your busy day with this easy and nutritious soup.

Ingredients

45g dried shiitake mushrooms (preferably whole)

1 bunch bok choy

3-4 spring onions

1-2 tsp extra virgin olive oil

2 tsp freshly grated ginger

3 cloves garlic, finely chopped

5 cups water (plus extra for soaking mushrooms & cooking noodles)

3 tbsp white miso paste (shiro)

200-250g buckwheat (soba) or rice noodles

1 tbsp mirin (more to taste)

1 tbsp tamari (more to taste)

½ tsp sesame oil

Squeeze of fresh lemon to serve if desired

⌚ Prep time: 20 minutes Cooking: 25 mins 🍴 Serves 2-3 generously
Vegan, gluten free

Method

Place mushrooms in bowl, cover with warm water and a plate (to stop them floating), soak for 20-30 minutes. Drain. The liquid can be kept and included in the 5 cups used later (don't use the solids collected at the bottom), or kept for stock. Cut mushrooms in 3-4 slices, remove stems.

While mushrooms soak, separate bok choy into white stalks and green leaves. Cut stalks into 1cm slices. Slice spring onions, including green tops.

Heat a saucepan to medium heat, add olive oil. Add mushrooms and cook for 3-4 minutes until soft. Add bok choy stalks, cook for another 1-2 minutes. Add ginger, garlic and spring onions (reserving some of the sliced green tops), cook for another minute. Add an extra dash of oil or some mushroom stock if sticking to saucepan.

Add water. Scoop some of the water into a small bowl and dissolve the miso paste, ensuring there are no lumps. Bring to the boil, then simmer with lid on for 12-15 minutes. Meanwhile, cook noodles in a separate pot of boiling water.

Once soup has simmered as required, add bok choy leaves, reserved spring onion tops, noodles, mirin, tamari and sesame oil, cook for another 1-2 minutes. Using tongs, divide noodles and vegetables into 2-3 bowls. Spoon in the soup, serve.

Nutritional information

Eating well is a continuous investment in your wellbeing and future. It can also be time consuming. So this simple Japanese-inspired soup includes several ingredients that can be pantry staples, some especially nurturing ones, and a few fresh ingredients, including the medicinal culinary herbs, garlic and ginger.

Shiitake mushrooms contain vitamin B12 and polysaccharides called β -glucans, which appear to have health benefits including improving the immune system, and helping to lower cholesterol.

Miso, made by fermenting soy beans with salt and koji, is a staple of the Japanese diet. While it is often criticised for being salty, a recent study that followed 14,764 Japanese men and women over a 20-year period showed miso is related to lower blood pressure and reduced risk of stroke in this population.



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