

Nutritious & Delicious Grab & Go Recipes



Base Miso Soup (Stock)

Ingredients

25g Dashi paste/ granules or similar vegetarian bouillon
25g miso paste (white)/ unfermented (Clearspring)
20ml sesame oil
20ml chilli oil
4 cloves of garlic sliced
2 bay leaves
50ml light soya sauce
50ml mirin
5g dried chilli
2 star anise
30g grated ginger
3.5ltrs of water

Method

1. Place all ingredients in a pan (except the miso paste) bring to the simmer and allow to infuse for 10 minutes.
2. Just prior to serving add the miso paste and mix well
3. Served on top of noodle pots allow to stand for 3 minutes to warm through.

Key Nutrients

Portion	368g	100g	
Calories	52 (kcal)	14 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	4.6g	1.3g	Low
Saturates	0.6g	0.2g	Low
Sugars	0.5g	0.1g	Low
Salt	2.2g	0.6g	Med
Protein	1g	0.3g	-

Low Fat

Allergen Info: Celery, Soya, Sesame, Fish (Dashi), Wheat