

# HEALTHY COOKING

## MISO AND TOFU SOUP

SERVES 2

### INGREDIENTS

- ▶ 300g firm tofu, cubed
- ▶ 100g fresh shiitake mushrooms, sliced
- ▶ 400g (1 bunch) baby bok choy, leaves washed and separated
- ▶ 2 Tbs soy sauce
- ▶ 3 Tbs miso paste
- ▶ Splash of fish sauce
- ▶ 1.25L (5 cups) water



In a large saucepan add the water, soy and fish sauce and bring to the boil. Stir in the tofu, shiitake mushrooms, bok choy and miso paste, cook for about 3 minutes or until the bok choy has wilted. Serve and enjoy!

**Each serving:**

**Protein: 20g | Carbohydrate: 7.5g**

**Tip:** Double the recipe to take some for lunch the next day.