

Green Tea, Salmon and Miso Soup

*I usually buy salmon with the skin on for this recipe. I use a sharp knife to cut the skin off and at the last minute I fry it in some coconut oil to get a crispy skin you can sprinkle over the top of the soup.

1L vegetable/chicken stock or bone broth

3 green tea bags

1 tsp grated ginger

1 cup sliced mushrooms

1 tbsp mirin

2 tbsp tamari

Small handful dried wakame (optional)

1 large handful edamame beans (optional)

2/3 full packet of soba noodles (or 100% buckwheat noodles for gluten free)

1/4 cup white/pale miso paste

2 bunches bok choy, washed and trimmed

3 salmon fillets, thinly sliced

2 spring onions, thinly sliced

1 long red chilli finely sliced (optional if you like spice)

4 tablespoons sesame seeds

Place the stock in a pot and bring to a boil over high heat. Decrease the heat to low, add the tea bags and the ginger, and simmer for 4 minutes. Remove the tea bags. Then add mushrooms, mirin and tamari and simmer for 5 minutes.

Meanwhile boil the kettle and pour over the wakame and edamame beans. Also pour some boiled water in a small saucepan and bring to a simmer before adding the noodles and cooking to packet instructions. Drain when ready.

Put the miso in a bowl and add ¼ cup of the stock liquid to make a bit of slurry. Add the miso mixture back to the stock along with the bok choy, wakame, edamame (shelled) and salmon slices. Turn the heat off and leave to cook for another 2 minutes. Divide the noodles between bowls and then top with soup followed by spring onion, fresh chilli and sesame seeds.

