

JAPANESE MISO & POTATO WINTER BROTH



Serving: 4

INGREDIENTS

- 4 medium Potatoes, with skin (360g), finely diced ($\frac{1}{2}$ cm pieces)
- 1 litre water
- 1 lemon, peel removed with peeler and finely sliced, juice reserved for serving
- 3 cm ginger, peeled and sliced into thin matchsticks

- 1 spring onion, finely sliced
- ¼ tsp. salt
- ¼ tsp. white pepper
- 1 Tbs. Japanese rice vinegar
- 2 Tbs. miso
- 1 tsp. honey
- 2 Large Skinless Chicken breasts (320g)
- 2 cups shredded cabbage
- To serve, lemon juice

INSTRUCTIONS

Fill a pot with the litre of water and the chicken breasts and slowly bring to the boil. Skim the top foam layer off the surface and then add all the remaining ingredients - except for the potatoes. Bring back to the boil and reduce to a simmer. Chop the potato into cubes and add to the simmering broth after about 20 minutes of cooking. After 40 minutes of total cooking time, remove the chicken and shred it. It should be tender and cooked through. Add the 2 cups of cabbage to the broth and allow to cook for 5 minutes before stirring in the lemon juice. Split the soup between four bowls and top with the shredded chicken & enjoy!

DID YOU KNOW?

Miso is a traditional Japanese flavour enhancer that is made by fermenting soybeans with rice, barley and salt as well as a special fungus called koji.

Nutrition Information per serving:

Energy (kJ)	Protein (g)	Carbohydrate (g)	Fibre (g)	Added Sugar (g)
825	20.9	19.7	2.7	1.0

Total Fat (g)	MUFA (g)	PUFA (g)	SAFA (g)	Sodium (mg)
2.6	0.9	0.8	0.7	473