

Supergreen wholegrain miso soup

Takes 1 hour 30 minutes, serves 4, uses a large saucepan with lid

INGREDIENTS

1.5l water
2 fish stock cubes (can use vegetable stock if vegetarian)
2 tablespoons mirin
150g spelt grains

300g leaf spinach
200g kale, chopped
200g tofu
3 tablespoons brown rice miso
3 spring onions, sliced

DIRECTIONS

Put the water and stock cubes in a large saucepan and bring to a boil. Add the mirin and spelt grains, lower the temperature and simmer for 1 hour, covered.

Add the kale, spinach and tofu. Bring back to the boil and then turn off the heat. Stir the miso through the soup, then serve, topped with spring onions. Yum.

