



UCOOK

Miso Chicken Soup

with pak choi, sesame seeds & mushrooms


This delicious miso soup is loaded with yum! Tender carrots, pak choi, kale, mushrooms, and chicken are all the stars of this dinner show. This dish is light, flavourful and the perfect accompaniment to a cold winter's night!


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

125g	Button Mushrooms <i>cut into quarters</i>
120g	Carrot <i>rinsed, peeled (optional) & cut into bite-sized chunks</i>
5ml	Chicken Stock
7,5ml	Low Sodium Soy Sauce
150g	Free-range Chicken Mini Fillets <i>pat dry & cut into small bite-sized pieces</i>
150g	Pak Choi <i>rinsed, trimmed at the base & leaves separated</i>
20ml	Miso Paste
50g	Kale <i>rinsed & roughly shredded</i>
5ml	Black Sesame Seeds
1	Fresh Chilli <i>deseeded & finely chopped</i>
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. BROWN THE MUSHIES Boil the kettle. Place a large pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the mushroom quarters and fry for 3-4 minutes until starting to brown, shifting occasionally. Remove from the pot on completion and place into a bowl. Season to taste.

2. BUILDING FLAVOUR Return the pot to a medium-high heat with a drizzle of oil. When hot, add the carrot chunks and fry for 3-4 minutes until starting to soften, shifting occasionally. Add ½ the fried mushrooms, the stock, the soy sauce and 400ml of boiling water. Mix until fully combined. Reduce the heat until a gentle simmer.

3. POACH THE CHICKY Once the soup is simmering, lower the chicken pieces into the broth, cover with the lid and leave to poach for 6-8 minutes until cooked through.

4. WILT THE CHOI Place a pan, with a lid, over a medium heat with a splash of water. When hot, add the trimmed pak choi. Cover with the lid, and steam for 3-5 minutes until wilted. Drain on some paper towel and season.

5. FINISH UP Place the miso paste in a small bowl and mix in 1 tbsp of boiling water until a runny paste forms (this prevents the miso from clumping when added to the soup). Add the loosened miso paste (to taste) and the shredded kale to the soup. Leave to simmer for 2-3 minutes until the kale is wilted, stirring occasionally.

6. SAVOUR THE FLAVOUR! Bowl up a generous helping of the chicken miso soup. Top with the remaining fried mushrooms, and the wilted pak choi. Sprinkle over the sesame seeds, the chopped chilli (to taste) and the picked coriander. Dig in, Chef!

Nutritional Information

Per 100g

Energy	252kJ
Energy	60Kcal
Protein	7.5g
Carbs	5g
of which sugars	1.9g
Fibre	1.8g
Fat	1.4g
of which saturated	0.3g
Sodium	285mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days