

Less than 30 minutes

Serves 3

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Ingredients:

- 4 cups (1L) vegetable stock
- 1 sheet nori, cut into 2cm squares
- ½ punnet (140g) exotic mushroom mix, sliced
- 1 tsp (5ml) finely grated fresh ginger
- 2 spring onions, chopped
- 4-6 pak choi, sliced
- 1-2 Tbsp (15ml-30ml) red miso paste

GOOD IDEA

Add tofu cubes along with the veggies for a more hearty meal.

Method:

1. Heat vegetable stock and add nori squares.
2. Bring to a simmer.
3. Add mushrooms, ginger, spring onion and pak choi, and simmer for another 2 minutes.
4. Mix miso paste with a little of the hot stock to thin down.
5. Stir into soup and check seasoning just before serving.