

# Soba Noodles Miso Soup with Spring Onion



*Serves 2*



*20 minutes*



*Spring*



*Spring Onion*



## INGREDIENTS:

- 120 g dried soba noodles
- 4 cups vegetable stock
- 3 tablespoons white miso paste
- 1 large bunch spring onions, thinly sliced
- 1 teaspoon sesame oil
- 1 tablespoon soy sauce

## GARNISH

- Spring onion greens, finely sliced
- ½ sheet nori (seaweed), cut into thin strips (optional)



## METHOD:

1. Bring a pot of water to boil. Add the soba noodles and cook for 4-5 minutes until just tender.
2. Drain and rinse well with cold water. Set aside.
3. In a medium saucepan, gently heat the vegetable stock.
4. Add the soy sauce and sesame oil. Stir to combine.
5. Add most of the sliced spring onions to the hot broth. Save a few green slices for garnish. Cook for 2–3 minutes until the onions are soft but still bright green.
6. In a small bowl, take a ladleful of hot broth and mix it with the miso paste until smooth.
7. Pour this mixture back into the pot. Keep the heat low. Do not let the soup boil after adding miso.
8. Divide the cooked soba noodles between two bowls. Pour the hot miso soup over noodles.
9. Garnish with spring onion greens and nori strips.
10. Serve immediately while hot.

## TIPS:

- For a more traditional flavour, you can use dashi instead of vegetable stock.
- To add extra protein, include soft boiled egg halves or tofu cubes.
- To add some heat, add a little chilli oil on top before you eat

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*