

MISO NOODLE SOUP



2 servings



Prep: 15 min



Cook: 20 min



INGREDIENTS

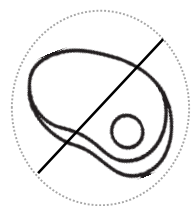
- 2 eggs
- 6 shiitake mushroom, dried (20g)
- 100 g brown rice vermicelli, uncooked
- 1½ tbsp olive oil
- 150 g block soft tofu, cubed
- 2 tbsp white miso paste
- 6 bok choy, small, chopped, blanched (490g)

OPTIONAL

- Spring onion, chopped
- Red chili, sliced

METHODS

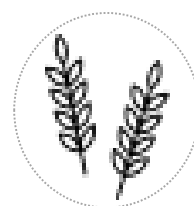
1. To prepare the poached eggs, place a cling film over a small soup bowl and crack an egg. Gather the edges of cling wrap together and twist. Place them in boiling water for 4 minutes and set aside.
2. Soak dried shiitake mushrooms in 2 cups of hot water for 10 minutes, slice and set aside.
3. Meanwhile, boil vermicelli for 5 minutes and set aside.
4. In a pot, heat olive oil and sauté sliced mushrooms for 2 minutes.
5. Add 4 cups of water and soft tofu to the pot, bring to simmer for 8 minutes. Stir in miso paste.
6. Add in chopped bok choy and cook for 2 minutes.
7. To assemble the dish, place vermicelli into 2 separate serving bowls and scoop half of the cooked broth into each bowl.
8. Serve with poached egg and enjoy!



MEATLESS
MONDAY



ONE-DISH
MEALS



WHOLEGRAIN
WEDNESDAY



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 499kcal, Carbohydrate 52.4g, Protein 22.5g, Fats 21.1g, Saturated Fats 3.5g, Polyunsaturated Fats >2.8g, Monounsaturated Fats >11.8g, Cholesterol >215.8mg, Dietary Fibre 10.4g, Sodium 604mg, Potassium >869mg, Phosphate >277mg



90 Yishun Central, Singapore 768828



www.ktph.com.sg



ktph.dietitians@ktph.com.sg



Call-A-Dietitian Hotline 983 22 983



@ktph.dietitians