

Chicken and Sweetcorn Miso Soup with a chilli Hit! 🌶️



Miso is traditionally a Japanese flavouring. It is a paste made from fermented soy beans and barley. Miso is one of the few foods that have all essential amino acids present in them, making it a complete protein. It's a great source of B Vitamins and aids digestion as well as strengthening the immune system.

This is a great version of chicken broth – perfect when you want to eat something comforting.

This recipe should give you 4-5 large portions

- 3 large chicken breasts
- 400ml boiling water
- 2 celery sticks, sliced thinly
- 4 Spring onions, chopped – include the green ends too!
- 1 tsp fresh grated ginger
- 1 tin sweetcorn, drained
- 1 red chilli – optional
- 2 teaspoons miso paste
- 200g dried buckwheat noodles
- 1 tsp Sesame oil

In a large soup pan, heat up the oil and add the celery, spring onions, chilli (if using) and ginger. Fry these off for 1-2 minutes. Turn the heat down very low and add the miso paste. Stir this as you add all of the water. Place the chicken breasts into the pan and bring up to a simmer until cooked – approx. 15 -20mins.

Remove the chicken breasts and shred them. Place the shredded chicken back into the pan with the sweetcorn and the noodles. Now, at this point you may need to add more boiling water. It depends on whether you want your soup to be dense (as the noodles will soak up a lot of the water) or if you prefer it to be a more watery soup. This is totally up to you. Simmer for another 3-4mins and serve with some chill flakes sprinkled on top 😊