

Ginger Miso Soba Noodle Soup

10 ingredients · 25 minutes · 2 servings



Directions

1. Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
2. In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
3. While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Protein

Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

No Soba Noodles

Use rice noodles instead.

Ingredients

100 grams Buckwheat Soba Noodles

36 grams Miso Paste

474 milliliters Water

6 grams Ginger (grated)

18 grams Tamari

15 milliliters Sesame Oil

70 grams Bok Choy (quartered)

1 Carrot (medium, julienned)

100 grams Snap Peas (or snow peas, sliced)

1/2 Lime