



Mushroom and vegetable soup

Ingredients (serves 1)

1/2 courgette
1/2 carrot
400 ml vegetable stock
1 spring onion
4 shiitakes
2 mushrooms
1 tbsp miso paste (optional)
Sesame seeds
Soybean sprouts
Ginger
Pepper

Method

1. Wash the courgette and peel the carrot. Cut into thin spaghetti shapes, using a mandolin or any other similar slicing tool.
2. Wash and slice the mushrooms thinly.
3. Pour the vegetable stock into the pot. Add the miso and dissolve well. Add the ginger, vegetables, and mushrooms. Boil for a few minutes over low heat until the vegetables and mushrooms are 'al dente'.
4. Remove from the heat.
5. Serve and season with soybean sprouts, sesame seeds, and a pinch of pepper.