



Miso Soup with Tofu & Spring Onion

This quick and delicious miso soup can be served as a starter or enjoyed as a light meal at any time

Serves: 1

Prepare: 10 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

- 1 pouch (324g) of [organic apple, miso & seaweed broth](#)
- 2 spring onions, thinly sliced
- 1/2 pack (140g) organic tofu
- chilli oil or a sprinkle of chilli flakes*
- sesame seeds*

** optional ingredients*

Method

1. Prep the spring onions and cut the tofu into bite-sized cubes
2. Heat the broth in a small, covered, saucepan and bring to the boil. Once boiling, immediately reduce the heat to a medium-low simmer
3. Add the tofu and spring onions to the broth and simmer gently for a couple of minutes until the tofu is warmed through
4. Add the spring onions and stir before immediately serving into small bowls
5. Top with a sprinkle of sesame seeds and drizzle with chilli oil. Then enjoy!