

Miso noodle soup

SERVES - 1

NUTRITION PER SERVING

Fat: 42 g

Carbs: 52 g / Fiber: 5 g (Net Carbs: 47 g)

Protein: 12 g

Super noodles - the healthier version! This is a super quick meal to make, 10 mins to create from scratch. Make up an individual bowl, or create enough for the whole family. You can add in whatever ingredients you like. If you want a lower carb version replace the rice noodles with courgette noodles.

Miso is fermented and very healthy for your digestive and immune systems. This is a recipe I would recommend on phase 3 of my program, to heal and support gut health.

INGREDIENTS

- 1 small leek
- 1 t coconut oil
- 2 pak choi
- 500 ml water
- 45g portion of instant rice noodles
- 1 T miso
- 1 T tamari
- 1 T sesame oil
- 1 t peanut butter
- 1 T fish sauce
- 1/2 t Chinese 5 spice powder
- 1 t collagen powder (optional)
- 1/2 t chilli flakes (optional)

METHOD

1. Chop leek and sweat down in coconut oil in a small pan.
2. Shred the base of the pak choi, leaving the green leaf section longer and add to the leeks.
3. Once wilted add boiling water and rice noodles and turn off the heat.
4. Add all the other ingredients and stir for a few minutes till all combined and noodles are softened.
5. Serve with chilli flakes and enjoy!