



Miso Fish and Noodle Soup

with Broccoli



20-30min



2 Portions

Here's the very essence of Japan in a bowl: ramen noodles, fish, dashi stock, mirin and miso. We've used white miso, which is paler, milder and sweeter than other types, and it works perfectly here with the delicate flavour of fish. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using the app, if you have one.

What we send

- white fish fillets ⁴
- mirin ¹
- shichimi togarashi ¹¹
- white miso paste ^{1,6}
- kombu dashi powder ¹
- dry ramen noodles ¹
- broccoli, spring onion

What you'll require

- pepper
- soy sauce ⁶
- water

Utensils

- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The cooking time for the fish may vary according to the thickness of the fillet.

Allergens

Gluten (1), Fish (4), Soy (6), Sesame (11).
May contain traces of other allergens.

Nutrition per serving

Energy 515kcal, Fat 4.2g, Carbs 72.0g,
Proteins 39.3g



1. Prepare ingredients

Bring a medium saucepan of salted water to the boil for the noodles. Cut the **broccoli** head into florets, then peel and thinly slice the stem. Trim and thinly slice the **spring onion** on an angle. Cut the **fish** into 3cm chunks.



2. Prepare stock

Bring **1L (4 cups) water** to the boil in a large saucepan. Add the **dashi powder** and **miso paste** and stir to dissolve. Reduce the heat to medium-low and cook for 5 mins to develop the flavours.



3. Cook noodles

Meanwhile, cook **2 bundles of noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 5 mins or until just tender.



4. Cook vegetables

Add the **broccoli stems** to the miso soup and cook for 1 min. Add the **broccoli florets** and cook for a further 1 min.



5. Add fish

Add the **fish, mirin** and **1 tbs soy sauce** to the miso soup and season with **pepper**. Bring to a simmer over medium heat and cook for 3 mins or until the fish is cooked through and the vegetables are tender.



6. Get ready to serve

Drain the **noodles**, then divide among bowls with the **fish and miso soup**. Sprinkle with the **shichimi togarishi spice blend** to taste and scatter over the **spring onion** to serve.