

# Green Tea Miso Soup



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This is a flavoursome and nourishing soup with the added goodness of green tea. It is a great way to use any surplus brewed green tea you may have on hand from an earlier brew or prepared from a second steep of the leaves.

Servings: 2 - 4 people

Prep Time: 10 minutes

Cook Time: 15 minutes



## **Ingredients**

### **For Brewed Tea Preparation:**

- 2 Cups water
- 2 heaped tsp Dragonwell or Japanese Sencha Green Tea

### **For Soup Base:**

- 2 tsp sesame oil
- 1 tsp minced ginger
- 1/3 cup finely chopped spring onions
- 1 medium zucchini (spiral-cut is a lovely touch or finely chopped)
- 1 1/2 cup vegetable or chicken stock
- 1/2 cup firm tofu or cannellini beans (we used the cannellini beans)
- 1/3 cup miso paste
- 1 tsp soy sauce
- 2 cups shredded spinach

## **Method**

1. Prepare your green tea with below-boiling water and steep for 3 minutes. Using a strainer, pour the brewed green tea into a jug and set the liquor aside to add to the recipe in the final stages (pop a lid on to keep it warm).
2. Heat the sesame oil in a saucepan over medium heat, and then add the fresh ginger, spring onions and spiral-cut zucchini. Sauté for 60 seconds, then remove from the pan and set these ingredients aside.
3. Using the same saucepan add the stock, tofu or cannellini beans, and soy sauce. Bring to just below boil, then reduce the heat to a gentle simmer.
4. Place the miso paste in a small bowl and add a few ladlefuls of the hot stock. Whisk with a fork until smooth and add back into the soup.
5. Add the shredded spinach and lightly sauteed ginger, spring onions, and zucchini. Gently simmer for 2-3 minutes.
6. Remove from the heat and add the brewed tea liquor, stirring well to combine.
7. Ladle soup into bowls and enjoy.