THE LIGHTER PLATE METHOD

Miso & Ginger Savoury Broth Mug

A savoury mug of broth for when you want warmth rather than sweetness.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**2 min**	**6 min**	**2**	**EASY**

Ingredients

- 2 tbsp white miso paste
- 2 cm piece fresh root ginger (finely grated)
- 3 spring onions (finely sliced)
- 600 ml boiling water
- 1 tsp sesame oil

Method

1. Divide the miso and grated ginger between two mugs.
2. Add a splash of the boiling water to each and stir to a smooth paste — this prevents lumps.
3. Top up with the remaining water, stirring as you pour.
4. Finish with the spring onions and a few drops of sesame oil.

Tips & swaps

- Making a paste first is the whole technique; miso dropped into a full mug of water stays stubbornly lumpy. Use water just off the boil to keep the miso's savoury depth.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
40	**2g**	**4g**	**2g**	**1g**

Estimated values, for guidance only. Contains: Soya, Sesame.