SHOPPING LIST

Ginger Miso Fish Soup

Serves 4

- [ ] 1 litre dashi (or 1 litre water with a 10 cm strip of kombu)
- [ ] 3 tbsp white miso paste
- [ ] 400 g firm white fish (cod, pollock or hake), cut into 3 cm chunks
- [ ] 150 g shiitake or chestnut mushrooms, sliced
- [ ] 2 cm fresh ginger, grated
- [ ] 2 handfuls baby spinach
- [ ] 2 spring onions, thinly sliced
- [ ] 1 tsp soy sauce
- [ ] 1 tsp toasted sesame oil
- [ ] To serve: cooked rice (optional)

Tick off what you already have at home.