

Miso Soup With Prawns and Udon Noodles

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-prawns-recipe>

Ingredients:

- 2 9/16 cups dashi or water
- 12 prawns large, in shell
- 2 handfuls cabbage sliced thinly
- 1 inch fresh ginger /2cm, cut in strips
- 2 spring onions sliced, white and green kept separately
- 2 teaspoons light soy sauce
- 1 teaspoon rice vinegar optional
- 2/3 pound fresh udon noodles or equivalent
- 3 handfuls spinach
- 2 teaspoons dark miso
- 2 tablespoons light miso
- 1/2 red chilli sliced, optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 20 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. Sodium: 730 milligrams
8. Sugar: 1 grams

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