

# WILD SALMON & MISO BROTH

## Ingredients:

- ½ onion, diced
- 1 tbsp. coconut oil
- 2 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 2 zucchini's, sliced in ribbons
- 2 bunches bok choy
- 2 wild caught salmon fillets (100-150g each)
- 1 tbsp. miso paste
- 1 tbsp. tamari (or soy sauce if not gluten free)
- 500 ml vegetable stock
- 100 g soba noodles
- Cilantro, for garnish (optional)



**Serves: Serves 2**

## Directions:

Bring a pot of water to a boil for the soba noodles and cook according to package. Drain and leave aside. In the same pot, on medium heat, add the coconut oil and onion and sautee until translucent (about 3 mins). While the onion cooks, "ribbon" your zucchini – with a vegetable peeler continuously peel it into flat noodle like ribbons and cut your wild salmon into cubes. Add ginger and garlic and continue to cook until slightly browned (about 2 mins). Add your zucchini, bok choy, and salmon to the pot and coat with the onions/garlic/ginger. Add your vegetable stock, miso paste and tamari. Allow to simmer on medium heat for 5-6 minutes or until the salmon is cooked through. Add noodles to a bowl, pour soup on top, garnish with cilantro and enjoy!

## Nourishing Tip

When eating salmon be sure to opt for a wild caught, local variety, as farmed salmon may have higher levels of mercury, pesticides and other toxins. Wild salmon, is filled with omega-3 fatty acids that are beneficial to all major organs and your bones/joints. Omega-3's may help ease menstrual pain, fend off depression, and provide you with clear glowing skin and shiny healthy hair.