Soups / Japan

Japanese short-grain rice, chickpeas and courgette soup · Japan

A hearty soup with grain, courgette and cooked pulses, developed as a Japan-inspired variation.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g Japanese short-grain rice
- ☐ 500 g courgette
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked chickpeas
- ☐ 1400 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the white miso paste, finely grated fresh ginger, sesame seeds and taste before serving.

AI-developed, not kitchen-tested.

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