Soups / Japan

Clear soup with turkey breast and courgette · Japan

A clear broth with turkey breast, courgette and a Japan-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g turkey breast
- ☐ 600 g courgette
- ☐ 1300 ml low-salt vegetable stock
- ☐ 25 g white miso paste
- ☐ 10 g finely grated fresh ginger
- ☐ 10 g sesame seeds
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Cook the turkey breast in a separate frying pan until the centre reaches at least 74°C.

05 Add the cooked main ingredient to the soup and briefly reheat. 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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