Soups / Japan

Clear soup with chickpeas and bean sprouts · Japan

A clear broth with drained cooked chickpeas, bean sprouts 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 drained cooked chickpeas
- ☐ 600 g bean sprouts
- ☐ 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 bean sprouts and cut into small, even pieces. Finely chop the onion.

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

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

04 Rinse and drain the drained cooked chickpeas, then heat until piping hot throughout.

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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