



## DETOX GYOZA SOUP



1 serving



10 minutes

### INGREDIENTS

- 300ml (1¼ cups) water
- 1 tablespoon light soy sauce
- 120g (¼oz) sachet of miso soup
- 1 carrot, peeled into ribbons
- 1 head of bok choy, base cut off
- 6 frozen gyoza (I use chicken)
- 1 egg
- 1 teaspoon crispy chilli oil
- 1 spring onion (scallion), finely sliced

### DIRECTIONS

1. Add the water to a pan with the soy sauce and the contents of the miso soup sachet. Bring to a gentle simmer, then add the carrot and bok choy and simmer for 1 minute. Drop in the frozen gyoza and simmer for 3-4 minutes until the gyoza is cooked through.
2. In a small bowl, whisk the egg then slowly pour into the hot soup, stirring gently to allow ribbons to form.
3. Serve with crispy chilli oil drizzled over, and a scattering of spring onion on top.

*Under 400kcal, 20g protein*