

Immune Boosting Recipe

Miso & Butternut Soup

Serves: 2 **Prep Time:** ~10 minutes **Cook Time:** ~35 minutes



This silky miso & butternut soup is more than just comfort food; it is a bowl full of immune-boosting goodness. This combination includes vitamin A from squash, vitamin C from kale, gut-friendly probiotics from miso, and anti-inflammatory power from garlic and ginger. Every spoonful helps support your body's natural defences.

Ingredients:

- 2 teaspoons of rapeseed oil
- 1 large onion, chopped
- 400g of butternut squash (leave the skin on), cut into chunks
- 2 garlic cloves, chopped
- 210g can butter beans, drained
- 2 teaspoons of vegetable bouillon
- 1 litre of water
- 80g shredded kale, finely chopped
- 2 teaspoons of sesame oil
- 2 teaspoons of toasted sesame seeds
- 2 teaspoons grated ginger
- 1 tablespoon of brown rice miso paste

Cooking Instructions:

1. **Soften the Base:** Heat the rapeseed oil over medium heat. Sauté the onion for about 5 minutes until softened, then stir in the squash and garlic for another minute. Add the butter beans, bouillon, and water. Simmer mixture covered for 20 minutes.
2. **Prep the Topping:** While the soup cooks, steam the kale for about 10 minutes until just tender. Drizzle with sesame oil and toss together with toasted sesame seeds and grated ginger, then set aside.
3. **Finish the Soup:** Remove the soup from the heat, stir in the miso paste, and blend until smooth using a hand blender (or a countertop blender in batches).
4. **Serve:** Pour the soup into bowls and top each serving with a generous spoonful of the sesame-ginger kale topping.

Written by Sydney Glac, Health Promotion Coordinator/ [Recipe adapted from BBC Good Food](#)

