

East Asian Fish Soup

This South East Asian fish soup is a nourishing, protein-packed meal designed to support balanced eating without sacrificing flavour. Traditional soups tend to be high in sodium and low in protein. This dish is made with low-sodium broth and natural ingredients like ginger, garlic, and lemongrass, so it satisfies taste while keeping sodium levels in check. The lean white fish, tofu, and edamame also provide high-quality protein, making the soup both filling and energizing. This recipe is a great option for anyone looking to enjoy a savoury twist on a typical soup.



PREP: 15mins | **COOK:** 25mins | **SERVES:** 4

Ingredients:

- 4 cups (960 ml) low-sodium vegetable broth
- 1 cup (240 ml) water
- 1 tbsp fresh ginger, sliced
- 2 cloves garlic, smashed
- 1 stalk lemongrass
- 1 small onion, sliced
- 16 oz (450g) white fish (cod, halibut, tilapia, or haddock). Cut into chunks
- 1/2 block (200g) firm tofu, cubed
- 2 cups (170 g) bok choy, chopped
- 1 cup (75 g) oyster mushrooms
- 1 cup (130g) carrots, sliced
- 1 cup (155g) edamame
- 2 tsp (10 ml) low-sodium soy sauce
- Lime juice to taste
- Handful of fresh cilantro, Thai basil, scallions
- Optional: 1 egg, whisked
- Optional side: Cooked brown rice

Instructions:

1. **Build the aromatic broth:** In a pot, combine broth, water, ginger, garlic, lemongrass, and onion. Simmer for 10–15 minutes to infuse flavour.
2. **Add the vegetables:** Stir in the bok choy, mushrooms, carrots, and edamame. Simmer for about 5 minutes or until vegetables are just tender.
3. **Cook the proteins:** Gently add the fish and tofu into the pot. Simmer for 5–7 minutes, until the fish flakes easily.
4. **(Optional) Create an egg swirl:** Slowly drizzle in the whisked egg white while stirring to create silky strands.
5. **Season the broth:** Add low-sodium soy sauce and a squeeze of lime. Taste and adjust with more lime or herbs instead of salt.
6. **Finish & serve:** Remove the lemongrass. Pour into bowls and top with cilantro, Thai basil, and scallions. Serve with cooked brown rice.

