

Miso tumblers

Makes 4 tumblers

1 cup of spinach leaves

200 grams of organic tofu, cubed

1 cup of rice noodles, cooked

8 cherry tomatoes

2 zucchini, shredded with a mandolin

4 spring onions, finely sliced

8 button mushrooms, sliced

4 tablespoons of organic miso paste

Small handful of fresh coriander

Himalayan or sea salt and freshly
ground black pepper

In cooler weather we crave warmer food, these tumblers are an easy way of 'lunch to go' that combines raw ingredients with warm.

You will need a lidded, heatproof container that you can prep the night before or in the morning before work then take with you.

Add the miso paste (or try an organic stock cube) to the bottom of the tumbler. The next layer is a quarter cup of the rice noodles, then add your vegetables and tofu, then lastly the tomatoes, spring onions and coriander.

When you are ready to eat just three quarters fill with boiling water, season and enjoy!

Prep the night before,
grab and go the next day
for your lunch

