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## Emma's Fast Food Dinner

Tonight I came home after a 12 hour day and then a 2 hour drive home (long story there!) to flop on the couch and wonder what was for dinner. I really couldn't be bothered cooking and I hadn't organised anything in advance - a cup of tea was looking like a great option. Then I remembered my version of "Fast Food" and started to get hungry. So, I dragged my tired butt into the kitchen and made my trusty emergency dish.

It is fast (10 minutes), cheap and very nutritious. So keep this one handy for when you are tired, uninspired and don't want to eat the processed options.

Ok, all you need is the following ingredients and don't forget to use your improvisation skills!

1 teaspoon of White miso paste

2 tablespoons Arame

Fresh Ginger

Old vegetables in the bottom of the fridge

Frozen yellow fin tuna or salmon fillet – cut into small cubes, be careful not to cut your fingers

First of all, put the kettle on and pour boiling water over the Arame – soak for 2 minutes. Add the miso paste to 2 cups of boiling water in a saucepan. Add ginger, the strained Arame and the firmer vegetables such as corn, carrots, potato, pumpkin or parsnip etc. Cook for 2 minutes. Add all other vegetables and the fish. Cook for 3 minutes.

Serve with a drizzle of extra virgin olive oil and fresh herbs if you have them. Voila, a highly nutritious dinner served in 10 minutes. All you need to do is ensure that you have miso paste and Arame in the pantry and some frozen fish in the freezer! You can try variants such as adding garlic, chilli, Dulse flakes, tofu or edamame beans.