



TURMERIC & GINGER NOODLE SOUP

Our oriental inspired winter warmer is perfect for a January health kick. You can make it in a big batch and freeze it (without the filling) for later. If you're feeling creative or have greens to use up, switch up the veggies for something else. Vegan version? Swap the chicken stock for vegetable stock and replace the chicken thigh with some fried tofu.

INGREDIENTS

SOUP STOCK

- 50g shallots
- 2 sprigs lemongrass
- 2 thumbs ginger
- 3 garlic cloves
- 1 red chilli (remove seeds and pith for less spice)
- 2 heaped tsp turmeric
- ¼ tsp black pepper
- 400ml tin coconut milk
- 400ml chicken stock

SOUP FILLING

- 2 cooked chicken thighs
- 100g rice noodles
- 2 small pak choi (can be subbed for cabbage, spinach, kale etc)
- ½ small Chinese cabbage
- 2 medium carrots

GARNISH

- Juice of half a lime
- Salt to taste

METHOD

1. Chop all of the veggies and herbs into chunks, then blend together in a food processor or hand blender to form a paste.
2. Use a non-stick pot with a drizzle of oil over a medium heat to gently fry off the paste for 5 minutes, then add the coconut milk and chicken stock. Bring to the boil, then simmer for 20 minutes.
3. Whilst the soup is cooking; peel and halve the carrot, grating lengthways. Slice the pak choi and Chinese cabbage into chunks. Cut the chicken into thin slices.
4. After 20 minutes strain the soup using a sieve into another cooking pot to remove any unwanted bits from the paste.
5. Pop the soup back on the hob and bring to the boil. Pop the chicken in and leave for 2 minutes, then add the rest of the ingredients ensuring everything is covered by the soup. Turn the heat down to low with a lid on the pot for 5 minutes. Check the noodles are cooked, stir in the lime juice and add salt to taste.
6. Use some tongs (or a fork) to transfer the noodles and veggies into bowls, then pour the soup over the top. Et voilà! Dinner is ready.



Prepared by
Joh Harvey
The Raw Store



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