



COLD BUSTING CHINESE BROTH

*This cold busting broth is a
fantastic way to give your immune
system a boost*

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Hälsa Winter Recipe Series

Cold Busting Chinese Broth

Ingredients

- 900ml of vegetable stock
- 220g of firm tofu or cooked chicken
- 1cm piece of ginger
- 2 cloves of garlic
- 1 chilli (optional)
- 1/4 tsp of turmeric powder
- 100g rice noodles
- 1 large handful sweetcorn
- 1 large handful frozen peas
- 200g mix of shiitake and button mushrooms
- 2 spring onions, chopped
- 2 tbsp soya sauce
- Small handful of fresh mint or basil
- Sesame oil
- 1 tsp sesame seeds (optional)



Method

- Finely chop the garlic, ginger and chilli
- Put the stock, ginger, garlic, half the chilli and tofu/chicken into a pan
- Simmer for 5 minutes
- Add the sweetcorn, peas, sliced mushrooms, spring onions, rice noodles and soya sauce
- Simmer until the noodles are cooked
- Ladle into bowls and sprinkle with the remaining chilli and mint/basil and drizzle a tiny bit of sesame oil and sprinkle with sesame seeds to finish