



SERVES  
3 LARGE  
PORTIONS

# VEGGIE NOODLE SOUP



By Rebecca Williams

This vegetable noodle soup is a great way to warm up on a cold day. The fresh, healthy vegetables are complimented perfectly by the savoury broth and chewy rice noodles. For an extra boost of protein,

consider serving with tofu or shrimp too!

## *Ingredients:*

- 1 tbsp Oil
- 2 Large cloves of garlic, minced
- 1 tbsp Fresh ginger, minced
- 1 Red chilli, deseeded and cut finely
- Zest of one lime
- 225g Oyster mushrooms, separated into bite-sized pieces
- 4 Spring onions
- 1 Shallot
- 1 225g Can of bamboo shoots, drained and dried
- 900ml Vegetable stock
- Juice of one lime
- 2 tsp Fish sauce
- 1 tsp Sesame oil
- 1 tsp Worcestershire sauce
- Salt (to taste)
- 3 Rice noodle nests
- 1 Pak choi, cut into thirds
- Sesame seeds to garnish (optional)

## *Method:*

1. In a large frying pan, sauté the garlic, ginger, chilli and lime zest over medium-high heat until fragrant.
2. Add the mushrooms, frying until they have shrunk in size and most of their liquid has been released (about 5 minutes). Transfer into a large saucepan and set aside.
3. Cut the spring onions lengthways before cutting again into 1-inch pieces – reserve their greens for these will be used as garnish. Next, chop the shallot into thin half-moon slices.
4. In the frying pan, fry the spring onion, shallot and bamboo for 3-5 minutes, then transfer into the same saucepan as the mushrooms.
5. Pour the vegetable stock on top of the onions, bamboo and mushrooms, mixing with the lime juice, fish sauce, sesame oil and Worcestershire sauce. Cover with a lid and bring to a simmer, adding salt to taste.
6. In the meantime, fill a small saucepan with water and bring to a boil. Add in the rice noodles and boil per manufacturer instructions (likely 7-8 minutes).
7. In the last 4 minutes of the noodles' cook time, rest the sliced pak choi on top of the vegetable broth, steaming while covered until the noodles are done.
8. Drain the noodles and divide between three bowls, alongside the pak choi. Ladle broth over top, garnishing with the chopped greens of the spring onion and sesame seeds before serving.