

Mushroom, pak choy & noodle soup



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Preparation about 10 minutes

Cooking about 10 minutes

Serves 4

- 180g dried ramen or soba noodles
- 2 tsp vegetable or peanut oil
- 1 leek, trimmed, halved lengthways and finely sliced
- 2 garlic cloves, finely chopped
- 8 cups chicken stock
- 2 tbs light soy sauce
- 1 tsp sesame oil
- 1 tsp brown sugar
- 1 bunch baby pak choy (bok choy), trimmed and leaves separated
- 8 Swiss Brown button mushrooms, sliced
- 150g pkt Enoki mushrooms, trimmed and separated into small clumps
- 150g sweet chilli or firm tofu cubes

1. Cook noodles following packet directions, in boiling water for 3 minutes. Drain and rinse. Place in a colander and set aside to drain.
2. Heat oil in a large saucepan over medium heat. Add leek and garlic and cook, stirring often, for 5 minutes until tender. Add stock, soy sauce, sesame oil and sugar. Cover and bring to the boil. Add pak choy and Swiss Brown mushrooms and cook for 1–2 minutes until pak choy has just wilted. Stir in tofu.
3. Place noodles into serving bowls. Ladle half the hot broth over noodles. Top with pak choy, Swiss Brown mushrooms, tofu and enoki mushrooms. Ladle over remaining hot broth and serve.



Swiss brown mushrooms

- Supply worthwhile quantities of six of the eight B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).