

Green veggie & salmon spicy noodle soup



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Preparation 20 mins | Cooking 15 mins | Serves 4

180g dried ramen noodles

1 tbs olive oil

600g thick Atlantic salmon fillets,
pin-boned and cut into 1-2cm slices

270ml can reduced fat coconut milk

2 green onions (shallots), trimmed
and thinly sliced

2 bunches choy sum, trimmed,
leaves separated and halved

2 large zucchini, spiralized into noodles
or thinly sliced using a julienne peeler

3 tsp fish sauce

To serve, sliced red chilli, green onions
and kaffir lime leaves, coriander leaves
and lime wedges

Spicy broth:

6 cups chicken stock

2 stems lemongrass,
crushed and roughly chopped

3cm piece ginger, sliced

5 kaffir lime leaves, torn

3 garlic cloves,
halved lengthways

1 long red and 1 small (bird's eye)
red chilli, thinly sliced

4 coriander roots, trimmed,
washed and roughly chopped

1 tsp brown sugar

STEP 1 Cook noodles in a large saucepan of boiling water following packet directions. Drain, refresh in cold water and set aside.

STEP 2 Meanwhile, to make the spicy broth, combine all ingredients in the large saucepan used for the noodles. Slowly bring to the boil over medium-low heat. Cover and gently boil for 5 minutes. Strain, discarding solids, and return the broth to the saucepan. Set aside.

STEP 3 Heat oil in a large frying pan over medium heat. Add salmon and cook for 1-2 minutes on each side until just cooked through. Transfer to a plate lined with paper towel.

STEP 4 Return the broth to the boil over medium-high heat. Add coconut milk, green onions, bok choy and zucchini. Reduce heat, cover and simmer for 2-4 minutes until greens are vibrant. Stir in fish sauce.

STEP 5 Arrange ramen noodles in serving bowls. Top with vegetables and salmon. Ladle over the spicy broth. Top with sliced chilli, green onions, kaffir lime leaves and coriander leaves. Serve with lime wedges.