

Spicy bok choy & tofu noodle soup



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Preparation 15 mins | Cooking 20 mins | Serves 4

- 180g dried soba noodles
- 6 cups chicken or vegetable stock
- 2 small red bird's eye chillies, deseeded and chopped
- 5cm piece ginger, finely grated
- 3 garlic cloves, crushed
- 2 bunches baby bok choy, trimmed and halved lengthways
- 200g oyster mushrooms (halve larger mushrooms)
- 200g firm silken tofu, drained and cut into 3cm cubes
- 2 tsp sesame oil
- 2 tbs salt reduced soy sauce
- 1 tbs lime juice
- Sliced red chilli and green onions (shallots), to serve

STEP 1 Cook noodles following packet directions. Drain. Arrange noodles in 4 deep serving bowls. Set aside.

STEP 2 Combine stock, chillies, ginger and garlic in a large saucepan and bring to the boil over high heat. Add bok choy, oyster mushrooms and tofu and cook until bok choy just wilts.

STEP 3 Ladle bok choy, mushrooms and tofu over noodles. Stir sesame oil, soy sauce and lime juice into the hot stock mixture. Ladle soup into serving bowls. Top with chilli and green onions and serve.

Good for you... **BOK CHOY**

Bok choy is a good source of vitamin C. This vitamin helps the normal functioning of the body's immune system. Bok choy provides us with some calcium (important for strong bones) and also iron (used to make red blood cells). The darker leaves of bok choy provide beta carotene, which the body converts to vitamin A.

