Noodle soup

Packed full of flavour and veggies, this is a great recipe in the colder months.

Makes: 10 snack-sized portions • Preparation time: 15 minutes

Ingredients

- 200g mushrooms
- 2 carrots
- 2 garlic cloves
- 1 thumb of ginger
- 4 nests of noodles
- 1 pak choi
- 4 spring onions
- 2 vegetable stock cubes
- 2 tbsp soy sauce

Equipment

- Chopping board
- Knife
- Pot
- Colander
- Big spoon

Top tips

- Swap the veggies for anything you have left in the fridge
- Add some tofu or chicken for protein
- Swap for chicken broth for added flavour
- Experiment with adding different spices

Method

1. Chop the mushrooms into quarters.
2. Spiralize the carrots or use a peeler to make ribbons.
3. Peel and mince the garlic and ginger.
4. Slice the pak choi and spring onions.
5. Add a splash of oil to the pot, heat to a medium heat and add the mushrooms, pak choi and carrots. Stir fry for 3-4 minutes.
6. Boil a kettle with water.
7. Cook the noodles according to packet instructions.
8. Add the stock cubes to a measuring jug and top with 1 liter of boiled water. add the soy sauce, garlic and ginger and stir.
9. Add the stock to the pot with the stir-fried veggies, add the noodles and spring onions, stir and serve.