

Vegetable Rice Noodle Soup

Broth Ingredients

2 Litres vegetable stock
3-4 cups water
1 onion
4 garlic cloves
3 star anise
3 cloves
1 inch piece of ginger
1-2 cinnamon sticks
2 Tbs soy sauce

1 pk rice noodles
1-2 spring onion – green parts only
Small bunch chinese broccoli
Small bunch silverbeet
Bok choy leaves
½ cup chopped herbs (mint, basil, chives)



What to do:

- 1) Add the stock and water to a large pot
- 2) Peel and quarter the onion
- 3) Peel the garlic and roughly chop
- 4) Slice the ginger into coins
- 5) Add the onion, garlic, ginger, star anise, cloves and cinnamon to the pot. Bring to the boil. Reduce heat to low and simmer covered for 20-30 minutes. Add the soy and taste
- 6) Wash the fresh ingredients except the herbs. Shake off the excess water
- 7) Remove the Chinese broccoli leaves from the stems. Compost stems
- 8) Remove the silverbeet leaves from the stems. Finely chop the stems
- 9) Roll up the Chinese broccoli, silverbeet and bok choy leaves, finely shred
- 10) Combine the Chinese broccoli, silverbeet stems and leaves and bok choy into a bowl
- 11) Finely slice the spring onion and set aside in a small bowl
- 12) Wash the herbs, spin dry and pick off the leaves. Finely chop and mix together with the spring onion
- 13) Prepare noodles as per packet directions. Rinse. Chop into smaller pieces
- 14) To serve, arrange individual serving bowls onto the bench top, one bowl per person
- 15) Share the noodles between the bowls.
- 16) Top the noodles with the leafy greens
- 17) Spoon one ladle of broth into the bowls. Sprinkle with spring onion and herbs
- 18) Serve and enjoy