

Japanese udon noodle soup

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A quick and easy mid-week meal.

Ingredients (serves 4)

- 3 cups chicken or vegetable stock
- ¼ cup shitake mushrooms, sliced
- 2 cups udon noodles
- 1 tbs ginger, finely grated
- 1 cup baby bok choy
- 1 cup broccoli
- 1 tbs spring onion, finely sliced

Method

Warm the stock in a saucepan over a medium heat. Add the mushrooms and cook for five minutes. Add the noodles, ginger and vegetables and cook for a further five minutes before pouring into serving bowls. Garnish with the spring onion and serve.

Cooking Tip

Japanese soups afford a particular etiquette luxury – it's considered polite to slurp your noodles! Add to that the health benefits of this famous cuisine – its freshness and clean cooking methods are admired the world over – and you've scored yourself a true winter winner!

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