



## HOT AND SPICY NOODLE SOUP

Serves 4 • Ready in 20 minutes

### WHAT YOU NEED

1 Tbsp oil for frying  
1–2 Tbsp your favourite Thai curry paste  
1 heaped tsp grated fresh ginger  
1 tsp crushed garlic  
1.2 litres good-quality vegetable stock  
250g brown or portabellini mushrooms, thinly sliced  
300g egg noodles or rice noodles or courgette noodles for a lighter version  
3 heads pak choy, halved lengthways, or baby spinach or broccoli  
1 Tbsp soy sauce  
1 Tbsp lime juice or rice wine vinegar

### To serve (optional)

fresh sprouts  
roasted nuts  
1–2 Tbsp roughly chopped fresh coriander

### WHAT TO DO

1. To a large saucepan over medium-high heat, add the oil and fry the curry paste until fragrant. Add the ginger and garlic and cook for another minute before adding the stock and bringing it to a gentle simmer.
2. Add the mushrooms and noodles and cook for 5 minutes.
3. Add the remaining ingredients, then remove the saucepan from the heat, stir and allow the pak choy to wilt.
4. Check for seasoning (add extra soy sauce if necessary, and even a pinch of sugar to balance the flavours) and then serve immediately in warmed bowls with fresh sprouts, and a sprinkling of roasted nuts and fresh coriander.

**NOTES** Up the protein: Add a few golden cubes of pan-fried tofu or a poached egg if you like. If you have 1 Tbsp miso paste at home, add it to the stock for added flavour. Noodles at your desk! To a medium-sized glass jar, add 1–2 tsp your favourite Thai curry paste, 1 tsp fish sauce, 1 tsp sesame oil, 2 Tbsp coconut milk or cream, 1 portion rice vermicelli noodles, 1 small handful frozen peas, 1 handful baby spinach, 1 small handful fresh coriander, 1 sliced spring onion and 1 squeeze lime juice. When you're ready for lunch at work or on the go, pour in 1 cup boiling water, leave to stand for a few minutes and enjoy.