

# BREAKFAST BROTH

## INGREDIENTS

- 250mls Bone broth or chicken or veggie stock
- 1 Handful rice noodles, vermicelli, soba or udon noodles
- 1 Handful of mushroom finely sliced
- 1 Small bunch of Asian greens chopped
- 50g Tofu, or cooked chicken or finely sliced beef
- If you not using our Winter Warmer Herb mix add:
  - 2 Star anise
  - 1/2 Tsp Fennel seeds
  - 1 Tsp Cardamom pods
  - 1 cinnamon quill
  - A few slices of fresh ginger



## METHOD

- Bring stock or broth to the boil.
- Add mushrooms, simmer gently until cooked.
- You can add the Healing Herbal Stock Mix in the last hour of simmering.
- Season if required with a splash of mirin or lime juice.
- Cook noodles as per instruction in a separate pot.
- When cooked add Asian greens to the stock, put noodles and tofu/meat into a bowl, then pour over stock.
- Top with coriander, spring onion, Thai basil and/or Vietnamese mint.

## HEALING HERBAL MIXES

We recommend making your stock from scratch with your preferred Healing Herbal Stock mix. Our favourite blend for this recipe is the Winter Warmer. Alternatively you can simmer our herbs in a pre-made stock for 1 hour before adding other ingredients.

