

# CHINESE CHICKEN SOUP

## INGREDIENTS

- 1 liter chicken stock
- 1/2 tsp slices fresh ginger
- 1 baby bok choy, split in 4
- 4 Shiitake mushrooms, sliced
- 4 baby corns
- 1/2 cup chopped leeks
- 1/2 cup chopped carrots
- Spring onions
- Salt to taste
- 1 cup chicken breast, sliced and cooked



*Scoure: Lauren Rothman*

## METHOD

- In a medium saucepan, bring the stock to a boil, reduce the heat to a simmer for an hour
- You can add the Healing Herbal Stock Mix in the last hour of simmering.
- Add garlic, ginger slices and let simmer for about 10 minutes
- Remove from the heat and strain broth
- Add bok choy, mushrooms and corn.
- Simmer another 5 minutes
- Place chopped leeks and carrots into soup bowls
- Add the broth, vegetables, and the chicken, serve hot

## HEALING HERBAL MIXES

We recommend making your stock from scratch with your preferred Healing Herbal Stock mix. Our favourite blend for this recipe is Vitality.

Alternatively you can simmer our herbs in a pre-made stock for 1 hour before adding other ingredients.

