

# Hot & Sour Soup

A great little soup to make for yourself or to have with friends. Add a touch of left over chicken or beef. It's a quick and easy dish when you are on the run. Prep time is about 10 minutes and cooking time is around 15 minutes. So, you should be able to slap this one up in under 30 minutes. This recipe will feed 6 hungry hounds.

## Ingredients

- 2 teaspoons of a neutral oil - no flavour (Sesame or canola)
- 1 cup sliced shiitake mushrooms
- 1/2 tablespoon Sambal Oelek
- 5 cups low sodium veg stock
- 2 garlic cloves (Crushed)
- 1/4 cup rice vinegar
- 1 tablespoon minced ginger
- 3 table spoons of tamari
- 1 teaspoon agave
- 3/4 cup thinly cut bamboo shoots
- 1 block extra firm tofu (diced up)
- 2 cups of thinly cut chinese cabbage
- 1 tablespoon sesame oil
- 1/4 cup white onions
- 200gms Soba noodles
- 1 teaspoon corn flour
- 3 Spring onions (diced)

## Method

- Heat the oil in a large pot over medium heat. Once hot, add the shiitake mushrooms and saute for about 2 minutes.
- Add the garlic and ginger and cook for another minute, stirring all the time. Now, add the veg stock, vinegar, tamari, Sambal Oelek and Agave and bring it all together to a gentle simmer. Once it has reached a slow simmer, add the bamboo shoots and tofu. (You can add the chicken or beef now, if you want.)
- Grab the corn flour and 2 tablespoons of water and mix them together to make a smooth consistency. Make sure you do this as it will end up chunky and you do not want that.
- Slowly add the mix to the soup, stirring it in well as you are going along. It will start to thicken up in around 3 to 4 minutes so your hand will be sore from stirring by then.
- Stir in the Chinese cabbage, half of the cut up spring onions, sesame oil and a touch of pepper and let it simmer for another 5 minutes.
- Once that time is up, take off the heat, taste and add a little extra of what you would like to if from the ingredients you have used.
- Serve up and garnish with the remaining spring onion.

