



## EASY NOODLE SOUP

500ml low salt vegetable stock (from a cube is fine)  
Small piece fresh root ginger, grated  
1 garlic clove, grated  
2 tsp. soy sauce and 2 tsp. sugar  
85g firm tofu, shredded  
handful mixed vegetables (try beansprouts, sweetcorn,  
sliced carrot and mange-tout)  
150g pack straight-to-wok noodles (or use 85g/3oz  
dried, cooked according to pack instructions)  
2 spring onions, sliced, to serve  
Juice 1 lime

Put stock, ginger, garlic, soy sauce and sugar in a  
saucepan, then heat. Simmer for 5 mins. Take off the  
heat, pour into a microwave-safe bowl, then cool.  
Throw in tofu and veg, cover, then chill for up to a day.

When ready to eat, remove from fridge, then add the  
cooked noodles. Microwave on High for 2 mins, stir,  
then cook for 1 min more or until piping hot. Divide  
between two bowls or mugs, sprinkle with spring  
onions and add the lime juice.