

BEEF, GINGER AND MINT SOUP



Serving: 4-6

Cooking Time: 40 min

Prep Time: 10 min

INGREDIENTS

- 30ml (2 tbsp) butter

- 250g chicken fillet, sliced
- 1 red chilli, seeded and chopped
- 1 large potato, cubed
- 1 x 410g tin chicken soup
- 500ml (2 cups) low fat milk
- 1 x 410g can corn kernels, drained
- 45ml (3 tbsp) fresh coriander, leaves only chopped
- Salt and freshly ground black pepper, to taste
- Melba toast, to serve

INSTRUCTIONS

1. Pour the stock in a large pot together with the ginger, cloves, star anise chilli, soy sauce and fish sauce and bring to the boil. Reduce the heat and simmer covered for about 30 – 40 minutes.
2. Drain into a clean pot and discard all the solids. Cover and over medium heat add the potatoes, beef, season and simmer until the potatoes are just soft, for 10 – 15 minutes.
3. Divide the noodles between serving bowls and top with the beef, garnish with the spring onions sprout and herbs. Serve with sliced limes