



Immunity boosting Thai chicken & mushroom broth

This recipe includes immunity boosting garlic, ginger, lime, mushrooms & chicken. An ideal recipe for getting your Thai taste buds into practice. Great for any time of day and quick to make.

Serves: 4, Prep time: 00:10, Cook time: 00:00

Instructions

STEP 1

Chop the garlic thinly and the ginger in to very thin match sticks. Tip the stock into a saucepan, then stir in the red Thai curry paste, fish sauce, lime juice and most of the zest. Bring to the boil, then add the mushrooms, garlic, ginger and whites of the spring onion. Cover, then simmer for 2 mins. Add the thinly cut red chili if you are using them.

STEP 2

Stir in the chicken and most of the spring onion greens to gently heat through, then serve ladled into bowls and scattered with the remaining lime zest. Serve with extra lime juice and fish sauce on the side so everyone can adjust their own bowlfuls.

Ingredients

- 1 litres Chicken, Stock (34 oz (U.S.))
- 1 tablespoon Red Thai Curry Paste
- 1 tablespoon Thai Fish Sauce
- 2 Limes, Zest and juice
- 100 grams Mushroom, Portobello (3.5 oz)
- 1 pinch or to taste Spring onion, Bunch, sliced, whites and greens separated
- 1 Garlic, cloves, thinly sliced
- 1 pinch or to taste Ginger, Fresh, thumb size peeled, thin match sticks
- 200 grams Chicken Breast Cooked, Shredded (7 oz)
- 1 Red chili, optional, thinly sliced