

HEALING NOODLE BROTH

A RECIPE BY THE VITALITY HUB

Ingredients

Serves 6

1 tbs coconut oil

2.5cm knob ginger - grated

2 cloves garlic - crushed

2 tsp grated fresh or dried turmeric

1 ltr organic vegetable stock or bone broth

2 zucchinis - chopped

big handful snow-peas

1 bunch broccolini - chopped

1 bag organic spinach

1 can coconut cream

Method

Heat coconut oil in a large pot over medium high heat and add ginger and garlic - cook for 2 mins.

Add turmeric and heat until fragrant.

Add in your chopped vegetables - zucchinis, snow-peas, broccolini (or whatever you have on hand! Get creative) and stir through.

Pour over stock and coconut milk and bring to the boil.

Once boiling, lower to a simmer.

Season with salt and pepper.

Leave to simmer for 15 minutes, or until vegetables are cooked.

1 serving dried rice noodles
or konjac noodles are best!

dried chilli flakes.

Add in dried rice noodles and
spinach and stir through.

Leave for 2-3 minutes for
noodles to soften.

Top with dried chilli and any
of your favourite herbs.