

Kingprawn, Lemongrass and Noodle Soup

Ingredients – Serves 2

- 1 red onion finely sliced
- Thumb sized piece of ginger peeled and cut thin
- 1 garlic clove chopped fine
- 1 stick lemongrass, gently bashed with rolling pin to break up the fibres but kept whole
- 1 tsp coconut oil
- 600 ml chicken / veg stock
- 200g peeled raw king prawns
- 100g buckwheat noodles
- Juice of 1 lime
- 1 tbsp tamari / light soy sauce
- 2 spring onions sliced on the diagonal
- Handful fresh coriander finely chopped



Method:

1. Combine the onion, ginger, garlic, lemongrass, and a splash of water in a large pan and cook on a low heat for 5 mins. Add the stock and bring to the boil. Boil for 10 mins then turn the heat down to low.
2. Add the prawns and cook for 5 mins. Next add the noodles along with the lime juice, tamari, spring onions and coriander. Turn the heat back up & bring to the boil, then boil for 1 minute.
3. Remove from the heat, take out the lemongrass and serve, garnish with extra coriander.