

Versatile East Asian Style Soup

Pak choi is a great source of vitamin C and is often used in East Asian cuisine. Finish the meal off with as many extra toppings as you like and feel inspired to use different ones each time you make it! This recipe tastes best if it's made the day before. In this case, leave out the noodles and cook separately before serving.



Pak choi is a source of:

🌱 **Vitamin C** – which provides the body with the means to protect cells against damage from unstable molecules.

🌱 **Folate** – which is needed to make healthy red blood cells.

Ingredients	Directions
• 250g chopped pak choi • 250g frozen shelled edamame (green soy beans) • 200g grated carrots • 3 finely sliced spring onions • 200g sweetcorn kernels (tinned or frozen) • 150g wheat noodles • 1.5 litres of vegetable or chicken stock • 2 teaspoons of grated fresh ginger • 4 cloves of finely diced garlic • 2 teaspoons garlic granules • 1 teaspoon chilli flakes • Soy sauce (to taste)	1. Place stock in a pot and simmer. 2. Add in garlic, garlic granules, chilli flakes and ginger, stir in well. 2. Add in edamame and sweetcorn, cook for 3 mins. 3. Add in noodles, cook for a further 2 minutes. 4. Turn off the heat and add in the pak choi and carrots, let the pot sit with the lid on for 5 minutes. 5. Serve and top with a sprinkle of spring onions, chilli flakes, and soy sauce. 6. Enjoy!

Image by: Nutrition Scotland

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