



Chinese Little Gem and Chicken/Tofu Soup

(makes 4 servings)

Asian-style soups have been 'current' for some time now in the West and with good reason. Variations of soups which have been staples for centuries in Eastern cultures offer top notch nourishment, principally because they focus on health-giving ingredients which feed brain and body, are lightly cooked to retain their freshness and if you ask anyone who has grown up in an Asian household they will tell you that soups and broths are not considered a 'maybe', they are a 'must' for good health and well-being for breakfast, lunch, dinner or a light snack.

Ingredients

1 tablespoon light olive oil
6-8 spring onions, white part very finely sliced, green part sliced into 1cm pieces
2 cloves garlic, peeled and very finely sliced or crushed
2cm piece of fresh ginger, peeled and thinly sliced or grated
1 litre chicken or vegetable stock
2 skinless chicken breasts finely sliced along the grain or 300g smoked or unsmoked tofu, cubed (or use both - 1 chicken breast and 150g tofu)
1 small red pepper, deseeded and very finely diced
2 little gem lettuce, shredded
1 teaspoon Tamari or light soy sauce
Sea salt and freshly ground white pepper

Method

Warm the oil in a soup pot, add the white part of the spring onion, the garlic and the ginger and sauté gently for 10 minutes or until the onions are soft (don't let them brown).

Add three quarters of the stock, bring slowly to the boil, reduce the heat then add the chicken and/or tofu, red pepper, the green part of the spring onion, the lettuce and the Tamari/soy sauce.

Stir well and simmer gently for 8-10 minutes.

Add the remainder of the stock if you like it more 'liquid', taste and season if required before serving.