



## Turkey/Tofu and Spinach Broth

(makes 4 servings)

*If your sleep pattern is 'troubled' this is the bedtime soup for you. Doesn't guarantee a restful night but certainly can help to calm your busy brain. Both turkey and tofu are rich in tryptophan, a protein that encourages the production of serotonin, the 'sleepy' chemical and the addition of the white, starchy rice prompts a speedier result.*

### Ingredients

1 turkey leg, skin removed  
1 litre chicken/turkey stock  
85g white basmati rice, rinsed  
100g spinach leaves, washed and roughly chopped  
Sea salt and freshly ground black pepper

### Method

Place the turkey leg in a soup pot, add the stock and slowly bring to the boil.

Reduce the heat and simmer gently for 30 minutes, covered.

Add the rice and simmer for a further 15 minutes or until the rice is cooked and soft.

Remove the turkey leg, pull the meat from the bone then shred with a couple of forks or chop into bite-sized chunks.

Add the spinach and turkey meat to the broth and simmer for a few more minutes until the spinach has wilted.

Add a few good grindings of black pepper and a little salt if required.

### Vegetarian Option

### Ingredients

1 litre vegetable stock  
85g white basmati rice, rinsed  
300g tofu, cubed  
100g spinach leaves, washed and roughly chopped

Sea salt and freshly ground black pepper

## Method

Place the stock in a soup pot and slowly bring to the boil, add the rice and simmer for 15 minutes or until the rice is cooked and soft.

Add the tofu and simmer for a further 10 minutes, toss in the spinach and stir until the leaves have wilted but are still silky.

Add a few good grindings of black pepper and a little salt if required.