

# Nourishing Noodle Soup

This nourishing noodle soup is my equivalent of love in a bowl. Why not gift it to yourself and someone you love this week. Don't be put off by the 2 ingredient lists, it goes together in a snap AND you'll end up with extra curry paste to make it again or gift to a friend.

Thanks to Hetty McKinnon for the recipe that inspired the version below.

## Curry Paste

- 4 medium garlic cloves, roughly chopped or if you aren't a fan replace with a red onion
- 5 medium shallots, roughly sliced
- 1 (3-inch) piece fresh ginger roughly chopped
- 1 (2-inch) piece of fresh turmeric grated or 2 tea of ground tumeric
- 1-3 serrano chiles depending on desired heat, stems removed, roughly chopped
- 2 tea fresh lime juice
- 2 tea ground cumin
- 1 teaspoon ground coriander
- 1/4 cup good-quality coconut oil

Place all but the coconut oil in a small food chopper/processor and pulse until items are well chopped and combined. Add coconut oil and process it again until a paste forms.

Whip this up first, setting aside  $\frac{1}{2}$  cup to be used immediately and place the rest in a air tight glass jar in your fridge to use within the next ten days.

## Noodles

Uncooked noodles- I've used pad thai rice noodles and buckwheat noodles, both are delicious.

For rice noodles, place the desired amount in a large bowl, cover with boiling water and allow to stand for 10 minutes or until tender, drain and rinse and drain again.

For buckwheat noodles, prepare according to package directions.

Set aside until soup is ready to serve.

## Soup

- 1 tablespoon olive oil
- 4 cups vegetable broth- I made mine from Rapunzel Veggie Broth Cubes
- 1 (13.5-ounce) can organic coconut milk
- 1 1/2 teaspoons fine sea salt
- 1 bunch Swiss Chard, Broccoli rabe, or kale. Stems removed and chopped, greens roughly torn.

## Toppings

- 2 scallions, finely chopped
- 1 cup fresh cilantro leaves
- 1 lime, quartered

Add olive oil to a heavy deep pan, and warm over medium heat. I like using my enameled dutch oven. Increase heat a smidge and add stems from the greens and sliced mushrooms searing until barely fork tender. Add the 1/2 cup of the curry paste on reserve, reduce heat to low, stirring constantly, until aromatic, 2 to 3 minutes. Stir in vegetable stock and coconut milk. Let simmer for 6 to 8 minutes. Throw in the chopped greens, cover with lid and remove from heat. When leaves have

wilted assemble soup.

Divide noodles among serving bowls, ladle over soup, top with chopped scallions and cilantro leaves. Serve with lime wedges.