

1. Put the stock, garlic, ginger, lime juice, chilli and soy sauce in a bowl cook on FULL POWER for 2 mins.
2. Add onions, mushrooms, sweetcorn and pak choi (add prawns or crab sticks if using) cover and cook on FULL POWER for 5-6 mins.
3. Stir in the noodles and leave to stand for 2-3 mins.
4. Sprinkle over the chopped coriander.
5. Serve with Chinese dumplings or prawn crackers.

**1 litre of vegetable or chicken stock**  
**5ml (1 tsp) Finely chopped root ginger**  
**Juice of ½ lime (about 1 tbsp)**  
**1 Garlic clove, crushed**  
**2 Spring onions, finely chopped**  
**½ Small red chilli, de-seed and finely chopped**  
**1 tbsp soy sauce**  
**50g Mushrooms, finely sliced**  
**1 Head of pak choi, finely sliced**  
**100g Baby sweetcorn, chopped**  
**150g Fine thread noodles**  
**Fresh coriander**

**Optional extras...**

**50g of cooked prawns**  
**50g of crab sticks cut into pieces**

**SOUP****'What's Cooking!' Recipe Card****CHINESE SOUP****Food Fact:-**

Ginger is very beneficial for the relief of coughs, colds and also travel sickness. Pak choi is an oriental cabbage and is extremely nutritious providing potassium, calcium, beta carotene and vitamin C.

**Preparation time** 10 MINS

**Cooking time** 10 MINS

**SERVES 4-6**