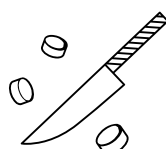


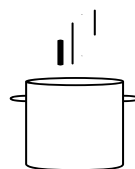


Garlic & Ginger Noodle Soup

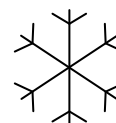
Simple, delicious and warming lunch inspo. Try this Garlic and Ginger Noodle soup.



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15



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Ingredients

2 tsp The Groovy Food Company Virgin Coconut Oil infused with Ginger
1 tbsp Fresh garlic, finely-minced
1-1/2 tbsp Fresh ginger, finely-minced
1 bunch of Spring onions, chopped and divided
2 tsp Sesame oil
1 tbsp Tamari or soy sauce
1litre rich Chicken or vegetable broth
250g Ramen noodles
200g Swiss chard, rough stems removed and chopped
Sea salt and freshly-ground
Black pepper, to taste
Sesame seeds, for serving

Directions

1. Gently heat the Coconut Oil in a large pot over a medium heat until melted, and gently sizzling.
2. Add the garlic, ginger, and the whites of the spring onions and cook, stirring occasionally, until softened and fragrant.
3. Add the sesame oil and tamari, and cook for a further minute, then add the broth, cover, and bring to a boil. Turn the heat down and simmer uncovered for 10-15 minutes.
4. Add the ramen noodles and Swiss chard, and simmer until cooked through, (approx 4 mins). Season with salt and pepper, to taste.
5. Divide between bowls, top with the remaining green parts of the spring onions and sesame seeds (white or black). Serve warm.