

# IMMUNE FORTIFYING SHIITAKE GINGER SOBA SOUP

Serves 2  
Approx 25 mins

Medicinal mushrooms such as shiitake, reishi and turkey tail have long been regarded as therapeutic, immune boosting plants, and a symbol of longevity.

The active component of the mushrooms is a bioactive compound called polysaccharides or glycans which have been found to exhibit potential immunomodulating properties, increasing immune cell proliferation and activity. Combined with flavoursome, antimicrobial and anti-inflammatory garlic & ginger, the possibilities of this simple broth really are endless!

## INGREDIENTS

A dozen whole dried, washed shiitake mushrooms – available from all major supermarkets in the asian section, organic if you can  
1 large knob ginger (approximately 7 cm x 2 cm) peeled and chopped into coin-sized pieces.  
4 cloves whole peeled organic garlic  
3 spring onions (roots removed) chopped into 1 cm segments  
3 litres chicken stock, vegetable stock or water  
2 tbsp soy sauce or tamari  
Your choice of noodles - we like Organic 100% Buckwheat Soba noodles, but thin black bean pulse spaghetti also works well



## METHOD

- Throw all ingredients into a large, heavy based saucepan.
- Bring to the boil, and then drop back to a medium heat to simmer.
- Boil with the lid on for 3 minutes or until shiitake mushrooms are soft yet still have a slight firmness to them.
- Remove shiitake mushrooms, slice and then add back into the pot.
- This can be served as a soup on its own, or it can be frozen and will store very easily. It can also be used as a stock for poaching chicken, making risottos or stir frying meat.
- Cook your noodles.
- Drain, rinse in cool water and set aside.
- Lay one serve of noodles in the bottom of each bowl, ladle hot soup over the top. Garnish with thinly sliced spring onion, lemon, and herb of your choice (coriander, lemongrass, parsley all work well).

For variety, add to the soup soft tofu, sliced seaweed, chilli flakes, extra grated garlic, broccolini, asparagus, bean sprouts, or bok choy.

Can also be served with a sliced boiled egg, or left over meat, chicken or fish from the night before.

