

SMOKED DUCK NOODLE SOUP

Serves 4 – A light and warming Lunch perfect for a Winter’s day



Ingredients

- 1 tbsp Groundnut oil
- 3 Garlic cloves -crushed
- 2.5cm Piece of ginger -peeled and sliced thinly
- 125g Shitake Mushrooms - sliced
- 2 Red chillies -de-seeded and sliced thinly
- 2 Litres chicken stock
- 1 Star anise
- 1 tbsp of Rice wine or dry sherry
- 2 tbsp Soy sauce
- 200g Noodles
- 2 large heads bok choi
- 4 spring onions - sliced diagonally
- 1x 250g **Smoked Duck Breast** - sliced thinly

Heat the oil in a deep saucepan and add the garlic, ginger and chilli. Heat this on a gentle heat for a minute. Then add the mushrooms and stir-fry for 2 minutes before adding the wine and soy sauce.

Next pour over the stock, add the star anise and bring to the boil. Let it simmer like this for a few minutes. Then add the green of your choice and leave to cook for 2 minutes.

Finally, add the noodles, spring onions and **Smoked Duck** slices.

This tasty soup is just one of many ideas from Howel Food Consultancy.