

Hot & Sour Mushroom & Chicken Soup

Serves 4

6 cups chicken consommé or stock
1 cinnamon stick, split
2 star anise
1 tbs fresh ginger, finely grated
1 stalk lemongrass, bruised & chopped
2 small chicken breast fillets, trimmed
Olive oil cooking spray
400g cup mushrooms, sliced
2 limes, juiced
1-2 tbs fish sauce
4 green onions, thinly sliced
1 red chilli, thinly sliced
1 cup bean sprouts, trimmed
1 cup mint leaves

1. Combine the consommé or stock, cinnamon, star anise, ginger, lemongrass and chicken in a large saucepan. Bring to a simmer over

medium heat. Reduce heat to low, cook for 15-20 minutes or until chicken is cooked through. Transfer the chicken to a board, set aside for 5 minutes then shred.

2. Meanwhile, heat a large non-stick frying pan over high heat. Spray the mushrooms lightly with oil and cook in the hot pan in two batches, for 4-5 minutes until just tender.

3. Strain the stock mixture, discard the solids and return stock to the pan. Bring to boil. Add the mushrooms, lime juice and fish sauce to taste.

4. Divide the chicken between serving bowls. Ladle over the stock, top with green onions, chilli, bean sprouts and mint. Serve.

