

Fresh turmeric, chilli, bok choy & tofu soup



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Preparation 20 mins | Cooking 25 mins | Serves 4

*Wear disposable gloves when preparing the turmeric as it stains your skin.
To remove any stains on skin, rub with sugar and a little water.*

- 1 tbs coconut or peanut oil
- 1 tbs finely grated fresh turmeric root (about 2-3 bulbs)
- 4cm piece ginger, grated
- 3 garlic cloves, grated
- 1 long red chilli, thinly sliced
- 2 kaffir lime leaves, roughly torn
- 6 cups vegetable stock
- 2-3 tsp palm sugar or brown sugar
- 2 bunches baby bok choy, leaves separated
- 300g tofu, drained and cut into cubes
- 1 tbs lime or lemon juice

STEP 1 Heat oil in a large saucepan over medium heat. Add turmeric, ginger and garlic and cook, stirring, for a few seconds. Add chilli, kaffir lime leaves, stock and sugar. Cover and bring to the boil. Reduce heat and simmer for 15 minutes.

STEP 2 Stir in bok choy and tofu. Cover and cook for 2 minutes or until leaves wilt. Stir through lime juice. Ladle into bowls and serve.

Good for you... **BOK CHOY**

Bok choy is a good source of vitamin C. This vitamin helps the normal functioning of the body's immune system. Bok choy provides us with some calcium (important for strong bones) and also iron (used to make red blood cells). The darker leaves of bok choy provide beta carotene, which the body converts to vitamin A.

