



The Gathered Green

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SPICY GINGER LEMON SOUP WITH MUSHROOMS

Thank you to thecleandish.com for this recipe and picture.

Serves 4

Ingredients

- 2 heads bok choy
- 1 litre vegetable broth
- 200 grams mushrooms, sliced
- 1 bunch shallots, ends removed, thinly sliced (separate whites from greens)
- 3 cloves garlic, thinly sliced
- 3cm piece of ginger, thinly sliced
- 2 tablespoons tamari
- ¼ teaspoon red pepper flakes
- 1 organic lemon, sliced





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Method

Separate bok choy leaves from stalks; cut leaves into half and slice stalks.

In a medium size pot, bring broth to the boil.

Add mushrooms, shallot whites, garlic, ginger and simmer for 7 to 8 minutes.

Add bok choy stalks and simmer for an additional 2 to 3 minutes, or until bok choy stalks are tender.

Turn heat down to low and add bok choy leaves, tamari and red pepper flakes.

Simmer for another 1 to 2 minutes and serve immediately with shallot greens and lemons slices.

Enjoy!

Jane

