

Hearty Thai Inspired Noodle Bowl

For the stock

- 8 cups of cold water
- 4 lime leaves cut into strips
- 1 stalk of lemongrass - split and lightly pounded and cut into 2 inches
- 1 thumb size piece of peeled ginger, sliced
- 1 pound chicken bones - rinsed
- 4 green onions cut into 1 inch pieces
- 1 sprig basil
- 1 clove garlic crushed

To Finish

- 1 portion cooked noodles of choice
- 1 skinless chicken thigh or breast
- 2 hakurei turnips cut into quarters
- 2 baby carrots split into half
- 3 leaves bok choy cut into strips
- Mushrooms of choice sliced

- Place all the stock ingredients into a large pot
- Bring everything to a simmer (uncovered) for 20 minutes
- Skim the surface occasionally to remove and discard impurities
- Strain stock for immediate use into a clean pot
- The stock can be frozen for later use or refrigerated for up to a week
- Add the chicken thigh to the strained stock and simmer for 5 - 7 minutes to poach
- Skim and discard any impurities that float to the surface
- Add the noodles, turnips, carrots, bok choy, and mushrooms
- Cook the vegetables on low for another 3-5 minutes until done to your liking
- Remove chicken and allow it to cool slightly and slice into bite size pieces
- Place the noodles and vegetables into a bowl
- Top with the chicken
- Garnish with slivered green onions and basil
- Option to add sesame oil or a dash of chilli paste for an additional flavour/heat