

Immunity boosters

CLEAR VEGETABLE SOUP

Some of the basic vegetables used in this soup are green papaya, carrots, cabbage, cauliflower, long beans and mushrooms. You can use any other vegetable you prefer like broccoli, snow peas, peas, baby corn and so on.

Ingredients

- 2 cups of vegetables, large slices
- 1 cup boneless chicken
- ½ cup sliced mushrooms
- 2 tbsp sliced garlic
- 1 cup large chunks of onions
- 6 cups of hot water
- 2 chicken bouillon cubes
- 2 tbsp oil
- Salt and pepper — according to taste

Method

In a pot, heat 2 tbsp of oil, add sliced garlic and fry till golden brown and fragrant. Add onions, mushrooms and



chicken. With a pinch of salt sauté for a minute. Add hot water and boil for a few minutes. Add the chicken bouillon.



One by one add the vegetables starting with the one that requires the maximum cooking time, and ending with cabbage. Do not overcook the vegetables, they should be slightly crunchy.

Add salt and pepper according to your taste.

SPICY VEGETABLE NOODLE SOUP

For this soup eliminate the green papaya and long beans and instead add Bok choy, Chinese cabbage, green onions with other vegetables.

Ingredients

- 2 cups of large sliced vegetable
- 1 cup sliced boneless chicken
- ½ cup quartered mushrooms
- 2 tablespoons sliced garlic
- 1 cup large chunks of onions
- 6 cups of hot water
- 2 chicken bouillon cubes
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons of oil
- Salt and pepper — according to taste
- Noodles of your choice and quantity
- Add-ons: Chilli oil, sesame oil, soy sauce (optional)

Method

Make the soup following the steps from the clear vegetable soup. Adding onion and garlic powder with the bouillon cubes. Right before taking the soup off the heat, add the green onions. Boil noodles of your choice according to the instructions on the package. In individual bowls, place noodles in a heap in the centre. Ladle hot soup in to the bowls. Drizzle on ½ Tablespoon of sesame oil, and chilli oil.

Chilli garlic oil —

Take chilli flakes in a heat resistant bowl. In a pan heat oil and add garlic. Pour the oil on to the chillies. Be careful as this will sizzle and release fumes. You can also add Szechuan pepper to this for more heat and flavour.

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