

Thai Style Vegetable Soup

Serves 4

This is a delicious, quick, easy & nutritious soup that can be adapted to suit any diet.

- 1 small onion
- 1 carrot
- 1 stick celery
- 1 ltr chicken or vegetable stock
- 1 clove garlic
- 1 mugful frozen peas
- 1 mugful frozen broad beans
- 2 spring onions
- 1 red chilli or to taste
- 2cm piece of root ginger
- Small bunch of coriander or flat leaf parsley
- 2-3 tbsp fish sauce or salt to taste



Prepare the vegetables – chop the onion into approx. 1cm dice, cut the carrots in half lengthways, then cut on the diagonal into slices 2 – 3mm thick, cut the celery stick diagonally into 2 – 3 mm slices, slice the spring onions diagonally into approx. 2mm thick slices.

Finely slice the clove of garlic & chilli, finely shred the ginger.

Roughly chop the coriander or parsley

Heat a little oil in a pan and fry the garlic gently until golden. Add the onion, carrot & celery and fry for a minute or two.

Add the stock, bring to the boil, put a lid on the pan and simmer for 5mins

Add the frozen peas & beans, bring back to the boil, then remove from the heat.

Stir in the spring onion, chilli, root ginger and parsley or coriander.

Add the fish sauce, check for seasoning and serve.

Adaptations

Use almost any seasonal vegetables – leeks, broccoli, cauliflower, asparagus, green beans, sugar snap peas, baby corn, courgette, mushrooms, fennel, turnip, squash, celeriac etc. to change the flavour of the soup.

Make a vegetarian or vegan soup by using vegetable stock or water instead of chicken stock.

Increase the protein element of the soup by adding pieces of cooked chicken, ham, bacon, fish, prawns, beans or bean curd.