

# Immune Boosting Chicken Soup

10 cloves garlic, smashed (approx 1 whole bulb)  
2 tablespoon finely grated ginger  
1 tablespoon fresh grated turmeric (see notes)  
1 litre (35 1/4 fl oz) chicken or vegetable stock  
1 litre (35 1/4 fl oz) water  
500 g (17 1/2 oz) free range / organic chicken breast,  
cut into chunks  
( see notes on using whole chicken)  
2 bunches coriander, chopped  
¼ cup (60 ml / 2 oz) mirin or rice wine (optional but delicious)  
3 tablespoons tamari soy sauce



**Combine** the garlic, turmeric, ginger, stock, water and chicken into a large pot.

**Simmer** for 5 – 10 minutes over a low heat until chicken is cooked through and flavours have infused into the stock.

**Add** mirin, tamari and coriander just before serving.

**Serve** in large bowls and sip slowly. Enjoy.

## Notes:

**Vegetarians** can use vegetable stock in place of chicken stock and use my lane kluski or organic silken tofu in place of the chicken to boost protein.

For **lane kluski (polish for egg noodles)** beat 2 eggs and pour in a thin stream over the simmering stock for the best egg noodles you'll ever eat.

Fresh **turmeric** is available from your local grocer. if using dry then only use 1/4 teaspoon but fresh is best for it's anti-viral properties.

Other vegetables can be added if you like such as shiitake mushroom, spinach, kale.

A little **chilli** or my **XO Sauce** can be added for a little heat.

This soup only takes 10 minutes to make, which is why chicken breasts are used.

Obviously you can make this soup using a **whole chicken**, using all of the stock and removing the tender meat from the chicken then stirring through the stock before serving. This will take approx 1 1/2 hours.