

## GLASS NOODLE SOUP

105 Calories - 0 mg Cholesterol  
(with egg) 120 Calories - 122 mg Cholesterol

### INGREDIENTS

(5 portions)

1 clove garlic sliced  
750 ml vegetable stock  
60 g soft tofu, thickly sliced  
6 Chinese mushrooms sliced  
135 g glass noodles, soaked  
2 spring onions sliced  
2 tbsp soya sauce  
½ tsp sugar  
pepper  
fresh coriander

### METHOD

1. Bring the stock to a boil. Add sliced garlic, sliced mushrooms and noodles. Season to taste with soya sauce, sugar and pepper.
2. Add the thickly sliced tofu and simmer until heated through.
3. Add the sliced spring onions.  
Serve garnished with torn coriander leaves.

