

Immune Booster Soup

This almost-instant soup is a supremely healthy way to fight colds and flus. For extra immune boosting, *Brands Chicken Essence* is available from Asian food shops and may be added to individual serves.

8 dried shiitake mushrooms
6 cups chicken stock
4 cloves garlic, chopped
2 tbsp ginger, grated
1 onion, diced
1 chicken breast, diced
½ cup white miso paste
½ cup spring onions, sliced
¼ cup fresh parsley, finely chopped
¼ cup fresh basil, finely chopped

Soak the mushrooms in a cup of hot water for 10 minutes whilst preparing the soup. In a medium saucepan, place the stock, garlic, ginger, onion, chicken, miso and spring onions. Bring to the boil, reduce heat and simmer for 10 minutes. Slice mushrooms and add with their soaking liquid, and simmer for a further 3 minutes. Place in warmed bowls and sprinkle with basil and parsley.

Serves 4

