



RECIPE

CHICKEN BROTH RAMEN

@MOTHERMOON_HYPNOBIRTHING

CHICKEN BROTH

1kg whole chicken (or whatever is left after you've eaten the meat that you want)

1 brown onion

2 inch fresh ginger

2 garlic cloves

2 carrots

2 shallots

Salt and pepper

Add carcass to slow cooker and cover with water.

Slow cook on high for 4 hours, then skim the top.

Add garlic, ginger, shallots, and carrots.

Turn slow cooker to low heat for a further 4 hours.

Strain with a sieve to remove bones (Ensure that you have a bowl or container to catch it in - I have seen baby brain result in this nourishing liquid ending up down the sink!).

If you would like to utilise any meat, and the vegetables for another soup you can separate these out with a portion of the broth - I love to add little noodles or barley, corn, and peas to this for a yummy soup.

Stores in the fridge for 5 days or the freezer for up to 3 months.

RAMEN

Bok choy

1 Grated carrot

2 Shallots, finely sliced

1 packet ramen noodle

1 clove garlic, crushed

2 tbsp tamari

1/2 inch piece of fresh ginger

Shredded chicken if desired

Heat noodles as per packet instructions

Combine ingredients in serving bowls (serves 2)

Heat 2 cups of chicken broth in a pot then pour into the serving bowls.

Allow to sit for a few minutes then enjoy!