



A family friendly, quick and simple recipe that is low in fat & sugar, and also super cheap to make!

Ingredients

1 white onion (diced)
2 cloves garlic (crushed) OR 1 tsp garlic paste
1 stalk celery (thinly sliced)
1 tbsp. oil
1.5L low salt chicken or vegetable stock (2 cubes)
4 nests dried noodles (medium or fine)
1 tin sweetcorn
4 - 6 spring onions (sliced)
2 tbsp. low salt soy sauce
Black pepper (to taste)

Cost:

£1.53 for 4 servings (38p per serving!)

Method:

1. Prepare the vegetables as stated.
2. Fry the oil in a large saucepan on a low heat, add the garlic, white onions and celery. Fry for 5 minutes until soft and golden.
3. Then, measure out your stock and add this to the pan along with the noodles and sweetcorn. Mix the ingredients together, pop a lid on the pan and leave for a further 5 minutes to simmer as the noodles soften.
4. Finally, add the spring onions, soy sauce and a little black pepper to finish off your soup.
5. Serve hot and with some bread to soak up all those delicious flavours!

Tops tips:

- Use ALL of the spring onion (except any floppy stalks!) don't let all that lovely green bit go to waste.
- You could substitute the sweetcorn for peas if you like.
- Don't be scared of the celery, it can be a strong flavour when raw but when cooked into a soup it adds extra depth and makes food soup-er tasty!
- If you wanted to add some chicken, boil a chicken breast until cooked through and shred using forks (add the shredded chicken at step 3).
- Don't add any extra salt, the stock and soy sauce will be enough.
- Keep any leftovers in a container in the fridge and add a little bit more stock when you are ready to eat it!
- There are lots of things 'little chefs' can do to help in this recipe: peeling onions, crushing garlic, using scissors to chop spring onions, adding the soy sauce etc.! Get them involved as much as possible.