Soups / China

jasmine rice, chickpeas and pak choi soup · China

A hearty soup with grain, pak choi and cooked pulses, developed as a China-inspired variation.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g jasmine rice
- ☐ 500 g pak choi
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked chickpeas
- ☐ 1400 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the pak choi and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the pak choi and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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