

Seaweed Soup with Water Chestnut Recipe

Ingredients: Serves 2

60g seaweed
10 pieces water chestnut
1 piece tofu
2 slices ginger
1 teaspoon chopped scallion
Some sesame oil

Method:

Soak seaweed until soften and cast off water. Dice water chestnut and tofu. Boil 1000ml stock in pot, then add in all ingredients except scallion, turn to medium heat and boil for 20 minutes, season to taste and sprinkle scallion on top and drizzle some sesame oil. Serve hot. This soup helps to clear stomach and relieve pressure.

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