

TOM YUM YUM STEW

2 garlic cloves
10g lemon grass
40g ginger
1 lime
20g fresh coriander
2g red chillies
50g shallots
15ml rapeseed oil
300ml skimmed milk
80ml coconut milk
300g soya beans
250g button mushrooms
100g tomatoes
50g spring onions
350ml water
250g beanshoots

METHOD

1. Zest limes for the paste, wash all salad ingredients, chop coriander for paste, slice the mushrooms, cut the tomatoes into thin wedges, blanch the bean shoots for one minute and refresh.
2. Put all the paste ingredients in to a robot coupe and blitz until a smooth paste is made.
3. Warm a suitable pan and add the paste stirring for a few minutes to release the flavours.
4. Add the water, coconut milk and skimmed milk and bring to a gentle simmer. Turn off the heat and add the soy beans, mushrooms, tomato wedges and beanshoots.
5. Check for taste and flavour and add the lime juice. Finish with fine slices of spring onion and coriander leaves.

SERVES
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