

Simply Ming: Better For You Napa Cabbage Noodle Egg Drop Soup

By Ming Tsai 2023

(Serves 4)

Ingredient List

3 shallots, sliced
½ yellow onion, quartered and sliced
1 small head Napa cabbage, halved and thinly julienned
1 inch ginger, sliced lengthwise
1 small bunch thai basil
2 quarts vegetable stock
4 eggs
3 cups soaked rice noodles
Drizzle of sesame oil
Toasted sesame Seeds
Grape seed or canola oil to cook
Kosher salt and fresh ground black pepper to taste

Instructions

In a wok or stock pot on high heat, coat the pan with oil. Add shallots and onions, season with salt and pepper and saute about 5 minutes, until lightly browned. Add cabbage, ginger, thai basil, and vegetable stock, cover and let simmer for 5 - 6 minutes to 'melt' the cabbage. Meanwhile, scramble eggs in a bowl. Drizzle scrambled eggs into your soup, add noodles, cover, and cook 1 minute. Taste for seasoning.

Plating

In a large bowl, dish out some noodles, ladle broth over and garnish with a drizzle of sesame oil, sesame seeds, and scallion greens. Enjoy!