

# Tibetan Noodle Soup - Thenthuk



## **Ingredients** (serves 2)

### **Noodle Dough**

1 heaping cup all-purpose flour  
1/2 cup water, room temperature  
1/4 tsp salt and 1/4 tsp pepper  
1 tsp oil

### **Broth**

2 or 3 tbsp vegetable oil  
1 clove garlic, finely chopped  
1 tbsp ginger, finely minced  
1 small onion, chopped  
1 carrot, chopped into thin strips  
1 large tomato, roughly chopped  
4 to 5 cups vegetable stock  
2 green/spring onions, chopped  
cilantro, a few sprigs, roughly chopped  
handful of spinach  
soy sauce or salt to taste

### **Noodles**

In a bowl, combine the dough ingredients, mix well and then knead for 4 minutes. Cover and leave to stand for 5 minutes. Roll or flatten out the dough and cut into long strips and then make the broth.

### **Broth**

In a large pot on medium heat, sauté garlic, ginger, and onion in oil for 1 minute. Add carrots and tomato and gently sauté for one minute. Add most of the stock and bring to a boil. Adjust the amount of stock later depending on the soup to noodle ratio you prefer.

Put the noodle in the soup by draping the strips over your hand and tearing off pieces of about an inch in size, throwing them into the boiling soup. Cook for 2 minutes until the noodles are cooked and the stock is boiling. Add the chopped green onions, cilantro, and spinach and cook for about 30 seconds. Season with soy sauce or salt. Serve immediately.