

Egg and Lemon Soup with Quinoa

serves 2

This deeply nourishing, restorative soup is rich in digestible, bone-strengthening, immune-supportive minerals and tastes delish.



Ingredients | Method

6 cups home-made chicken stock
1 cup white quinoa, soaked at least 12 hours in water with
1 tsp Himalayan salt
Juice of 2 lemons
2 organic eggs
2-3 tsp Himalayan salt
Freshly ground black pepper

- 1 Drain and rinse the soaked quinoa with a fine mesh sieve and place in a large pot with the stock and 2 tsp of salt. Bring to a gentle boil then reduce to lowest setting, cover and allow to simmer until quinoa is soft and translucent (approx. 10 mins). Turn off heat and leave covered.
- 2 In a large bowl, whisk the lemon juice with the eggs until frothy. Add one ladleful of hot soup into the egg-lemon mix and whisk. Add another ladleful and keep whisking vigorously, then add one more. (The eggs need to be incorporated into the hot soup gradually otherwise it will scramble, and you want a nice frothiness.)
- 3 Now pour this mixture into the pot with the rest of the soup and give it a gentle stir. Add more salt to taste. Serve immediately with a sprinkle of freshly cracked pepper and/or fresh dill.

Recipe #27 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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