Chicken and Turmeric Banana Skin Noodle Soup

Sorry, Banana Skin Noodles are a thing now?   OK, so right away this post is going to sound like we are being all high-and-mighty about food waste, and don't get us wrong, we are the first to admit we could do better in the kitchen - but it's all about making small steps.

The term "upcycling" has been around for a while, but usually it has applied to transforming waste materials, useless, or unwanted products into new products perceived to be of greater quality than the waste that it is seen as. Upcycling food however is something that we can really get behind!

So, here we go - inspired by the great Nigella Lawson, we present to you BANANA SKIN NOODLE SOUP! You will be surprised at how using banana skins can be so tasty!

FEATURED PRODUCT:

Mrs Rogers Turmeric, Cumin Seeds & Yellow Mustard Seeds.

INGREDIENTS

• 3 Banana Skins, washed
• 1/4 tsp Mrs Rogers Turmeric
• 2 Chicken Breasts, diced
• 1 Tbsp Rice Bran Oil
• 1 head of Garlic, skin removed and cloves sliced
• 1 Onion, diced
• 1 large Zucchini, sliced
• 1 Tbsp Mrs Rogers Cumin Seeds
• 1 Tbsp Mrs Rogers Yellow Mustard Seeds
• 3 tsp Mrs Rogers Turmeric
• 6 cups Water
• 2 Tbsp Chicken Stock
• 1 can Coconut Cream
• Grind of Mrs Rogers Salt and Peppercorns to taste

INSTRUCTIONS:

1. Using a fork, slice the banana skins into long noodles. Separate and put in a bowl with 1/4 of a teaspoon of Turmeric. Cover the noodles with water and leave to soak.

2. In a large pot, add the oil and fry the cumin seeds and mustard seeds on a medium heat. If you wish to add chilli flakes, do this now. Add the onions and fry until just brown. Add the garlic and continue to cook for another 2 minutes. Add the water, chicken stock, all the herbs and bring to the boil. Add the chicken. Simmer for 30 minutes.

3. Taste and see if the soup needs any additional salt or pepper. Add the turmeric, zucchini and coconut cream and bring to a low simmer. Drain the banana noodles and add to the soup. Simmer until the zucchini is cooked through. Serve and don't tell anyone until they've tried it.