



Wolfberry Soup

beautanicals.com.au
RECIPES

2 tablespoons oil
250 g/8 oz tender pork, sliced thinly
3 cups Lycium leaves, washed and dried
1 cup of Lycium berries (fresh or dried)
6 slices fresh ginger
1 tablespoon finely grated ginger
1.5 litres/3 pints/6 cups chicken or pork stock
2 teaspoons sugar
salt and pepper to taste
few drops sesame oil

Method

Heat oil and stir-fry the pork slices until they lose just their pinkness.
Add leaves and stir-fry until wilted.
Add ginger slices and juice squeezed from the tablespoon of grated ginger.
Pour in the stock and bring to a simmer.
Add sugar, salt and pepper to taste and just before serving stir in the sesame oil.

www.beautanicals.com.au
www.gojiplantsaustralia.com.au