



Watercress Soup with Pork Ribs

Ingredients (serves 2):

- 2 large carrots
- 2 medium potatoes (optional)
- 1 luo han guo fruit (optional)
- 200g watercress
- 300g spare ribs
- 12 chinese red dates OR 8 black dates (the middle eastern variety) (if you don't use any luo han guo, I actually recommend using black dates because they have a much richer natural sweetness than Chinese dates)
- 1-1.5 litre water (enough to cover the other ingredients)
- 1.5 tbsp wolfberries (lycium/qi zi)
- 1-3 tsp salt (to taste)

Directions:

1. Cut carrots and potatoes into chunks. Use the back of a knife to make a crack in the luo han guo, and put the cracked fruit into a sealed soup stock bag, or cheese cloth or coffee filter secured with string.
2. Put carrots, potatoes, luo han guo, watercress, spare ribs and dates into a large pot. Cover with water and bring to boil.
3. Lower heat and let soup simmer for about 40mins.
4. Add wolfberries and simmer for another 10-15 minutes. Add some salt if desired.
5. Remove luo han guo before serving.