

Spicy Chicken Noodle Soup



Preparation: 10 mins

Cooking: 30 mins

Serves: 4

Cost: Under £5.00

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Nutritional Information

Per 361g serving

Energy	235 kcal 989 kJ	Carbohydrate	39.8g
Fat	2.1g	Sugar	3.4g
Saturates	0.5g	Salt	1.2g
Protein	14.1g	Sodium	495mg
NSP Fibre	1.8g		

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Ingredients

- 2 Pints (1L) Water
- 1 (7g) Reduced Salt Stock Cube (Vegetable Or Chicken)
- 2 (200g) Skinless And Boneless Chicken Thighs
- 2 Medium Sized (160g) Carrots
- 4 (40g) Spring Onions
- ½ Head (85g) Broccoli
- 10 Medium Sized (100g) Mushrooms
- 2 Teaspoons (10g) Reduced Salt Soy Sauce
- 1 Teaspoon (3g) Ground Ginger
- ½ Bag (175g) Rice Noodles
- 1 (3g) Garlic Clove or 1 Teaspoon (5g) Garlic Puree
- Pinch Chilli Flakes or Chilli Powder

Tips

Time Saver Tips: Why not make this in bulk without the noodles and freeze it? That way it's easy to just reheat and add the noodles before plating up for a quick meal. Let it cool before freezing.

Cost Saver Tips: This soup is a good way to use up leftover chicken. In fact, it's even easier – just skip the step where you cook the chicken and add the leftover chicken just before you put the noodles in. This will give enough time for it to heat through. Just remember, if the chicken's been frozen before, you cannot freeze the soup.

Tips for Kids: Chopping the vegetables extra small or blending them can be a fun idea that might help your kids eat more if they're sometimes a bit fussy about their veggies. Why not ask them to help you prepare the vegetables? They could help grate carrots, slice mushrooms or separate the broccoli florets. They might be more likely to want to eat something they've helped to make.



Method

1. Make the stock by dissolving the stock cube in 1 litre of boiling water.
2. Wash, peel and grate the carrots. If you don't have a grater, slice the carrots very finely.
3. Wash and slice the spring onions.
4. Wipe the dirt off the mushrooms and slice them.
5. Separate the broccoli into small florets.
6. Peel and crush, or finely chop, the garlic.
7. Add the stock, chicken thighs, ginger, garlic, soy sauce and chilli flakes if using, to a large saucepan, and simmer for 10-15 minutes until the chicken is cooked.
8. Remove the chicken thighs from the pan and chop into bite size pieces.
9. Add the carrots, broccoli, spring onions and mushrooms to the pan and cook for 5-10 minutes.
10. Add the noodles to the pan and cook for a further 2-3 minutes.
11. Return the chicken to pan and serve hot.

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.