



CHINESE CHICKEN NOODLE SOUP



INGREDIENTS

- 1 teaspoon vegetable oil
- 3 thin slices ginger - finely chopped
- 2 cloves garlic - finely chopped
- 1 carrot - peeled and cut thinly
- 1 stick celery - finely diced
- 1 red pepper - deseeded and finely sliced
- 1 cooked chicken breast - shredded
- 1 reduced salt chicken stock cube
- 750ml (1½ pts) hot water
- 1 teaspoon dried parsley
- 1 nest thin egg noodles
- 2 dessertspoons light soy sauce
- 2 spring onions—sliced thinly
- black pepper

EQUIPMENT

- chopping board, sharp knife,
- vegetable peeler, large saucepan and lid
- measuring jug, teaspoon, ladle

SERVES: 4

PREP TIME: 15 minutes

ALLERGENS: mustard, soya

COOK TIME: 25 minutes

METHOD

- 1** Heat the oil in a large saucepan. Add the ginger, garlic carrot, celery and pepper and cook on a low to medium heat for 5 minutes until they start to soften.
- 2** Add the chicken, stock cube, water, soy sauce and parsley and chicken to the to the pan.
- 3** Mix everything together and bring to the boil. Then cover the pan with a lid, reduce the heat and simmer for 15 minutes.
- 4** After 15 minutes, remove the lid and add the noodles, soy sauce and half of the spring onions. Replace the lid and cook for a further 5 minutes until the noodles are cooked.
- 5** Season to taste with black pepper and serve in bowls with a sprinkling of spring onions and Parsley.