

ASIAN CHICKEN, VEGETABLE & NOODLE BROTH



QUICK



HEALTHY

Chicken breast is high in protein. We need protein for healthy cells, enzymes, hair and skin – as well as building muscles

FAMILY



MEALS

This does not need to be eaten with anything else

INGREDIENTS

- 8 chicken breasts or boneless thighs (500g)
 - 1 red chilli
 - 4cm root ginger
 - 5 garlic cloves
 - 4 tbs soy sauce
 - 1 nest wholegrain rice noodles (approx. 45g)
 - 2 tbs Chicken stock powder/ 2 stock cubes
 - 1 lime
- 5 handfuls of whichever vegetables you like e.g
- Carrot, sweetcorn, edamame, mange tout, enoki mushrooms, asparagus, beansprouts, spring onion, spinach etc

METHOD

- 1) Make a chicken stock with 2 litres of water
- 2) Cut chicken thighs into fingers and add to the boiling stock
- 3) Chop 1 chilli, mince the garlic add ginger and mix into a paste
- 4) Add paste to soup and reduce to a simmer
- 5) Cook noodles according to instructions on pack. Drain when cooked.
- 6) Prep your veg by slicing (carrot), chopping (spring onion), or removing from pack (most of them) and cut lime into 1/8ths
- 7) Check chicken is cooked approx. 8 mins
- 8) Add drained noodles and the vegetables
- 9) Add soy sauce but taste after each tbs and adjust quantity if necessary
- 10) Optional – sprinkle with spring onion and extra chilli
- 11) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com