

Chicken Noodle Soup



Equipment

Chopping board
Chopping board for cooked chicken
Grater
Sharp knife
Garlic crusher
1 large saucepan
Heat resistant large spoon
Colander
Measuring spoons
Measuring jug

Ingredients (serves 2)

500ml fresh chicken stock (or made with 1 chicken stock cube and 500ml boiling water) (**wheat**)
1 garlic clove
small piece fresh ginger
1 cooked skinless chicken breast
100g dried fine egg noodles (**wheat**)
3 spears tenderstem broccoli or 100g frozen peas
2–3 tsp reduced salt soy sauce (**wheat**)
3 spring onions
1 handful of beansprouts

Method

1. Prepare the vegetables into small pieces on your chopping board
 - peel and grate the ginger
 - peel and crush the garlic
 - chop the broccoli into 2 cm pieces
 - trim and thinly slice the spring onions
 - rinse the beans sprouts with cold water
2. Pour the chicken stock into a pan, add the garlic and ginger then put on a very low heat for 5 minutes to simmer and to allow the garlic and ginger to infuse and add flavour.
3. Shred the chicken breast into small, bite-sized pieces and add to the stock with the egg noodles.
4. Simmer the broth for 2–3 minutes, or until the noodles are tender and the chicken is hot.
5. Add the broccoli (or peas), spring onions and soy sauce to the pan and simmer for one minute more
6. Add the beansprouts to the soup and warm through for 30 seconds.
7. Divide into two large bowls.

	Serving Ideas Sprinkle with some chilli sauce and chopped coriander Heat then pour into a large flask to eat on the go
	Variations Instead of chicken, add some tofu pieces, or some canned butter beans for protein. Add some finely shredded carrots for flavour and colour
	Leftovers Reheat your soup until very hot. Cool then freeze in a labelled box or bag and place in the freezer ready for another day. Defrost in the fridge for 3-4 hours, then reheat.