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Fragrant Chicken Noodle and Vegetable Soup



20-30min



4 Portions

We've taken the all time classic chicken noodle soup and turned it up a notch. We've added fragrant kaffir lime leaves, star anise and crunchy snow peas to give this favourite a flavour punch you'll never forget!

What we send

- soba noodles ¹
- free-range chicken breast fillets
- fish sauce ⁴
- kaffir lime leaves, coriander, ginger
- star anise
- bean sprouts
- carrot
- snow peas
- chicken stock

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- Colander
 - grater
 - large saucepan
 - large saucepan and lid
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Fish (4), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 510.0kcal, Fat 6.1g, Proteins 45.2g, Carbs 69.5g



1. Poach chicken

Place the **stock**, **chicken fillets** and 500ml (2 cups) water in a large saucepan. Cover and bring to a simmer. Reduce heat to low and simmer for 7-8 mins until chicken is cooked through. Set chicken aside in stock until needed.



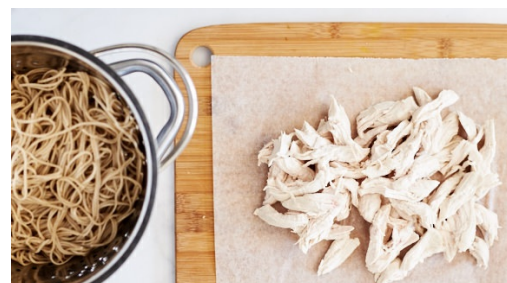
4. Add seasoning

Add **kaffir lime leaves** to the **soup** with the **fish sauce** and 2 tsp **soy sauce**. Simmer for 5 mins.



2. Prepare ingredients

Meanwhile, peel and finely grate the **ginger**. Remove stems from **kaffir lime leaves** and thinly slice the leaves. Thinly slice the **snow peas** lengthwise. Cut **carrots** into very thin matchsticks. If you like, trim any straggly ends from the **bean sprouts**.



5. Shred chicken

Cook the **noodles** in saucepan of boiling water for 3 mins or until cooked. Drain well and divide between 4 deep bowls. Thinly slice or shred the **chicken** and place on top of noodles. Pick the **coriander** sprigs (discard stems).



3. Start cooking soup

Remove **chicken** from the **stock** and place on a board. Reserve stock. Heat 2 tsp **vegetable oil** in another large saucepan over medium heat. Add the **ginger** and **star anise** and cook for 1 min. Carefully add stock and bring to a simmer. Refill stock saucepan with water and bring to the boil for the noodles.



6. Get ready to serve

Add the **carrots** and **snow peas** to the **soup** and simmer for 1 min. Ladle soup over the **chicken**, discarding the **star anise**, and top with the **bean sprouts** and **coriander** sprigs.