

# MARLEY SPOON



## Miso Noodle Soup

with Poached Chicken and Bok Choy



20-30min



2 Portions

We love our chicken noodle soups at Marley Spoon, especially in winter to ward off the chill. This twist on a Japanese favourite features a star anise-laced miso and sesame broth, egg noodles, poached chicken and Asian greens. A shard of crisp seaweed complements the savoury notes of the stock and adds a bit of texture to this super-quick dinner.



## What we send

- egg noodles <sup>1,3</sup>
- free-range chicken tenderloins
- bunch bok choy and 2 spring onions
- star anise
- sesame oil <sup>11</sup>
- white miso paste <sup>6</sup>
- mirin
- seaweed

## What you'll require

- soy sauce <sup>6</sup>
- water

## Utensils

- large saucepan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 565.0kcal, Fat 17.1g, Proteins 43.7g, Carbs 55.7g



### 1. Prepare ingredients

Trim the **bok choy**, then thickly slice the stems and leaves. Trim the **spring onions**, then thinly slice. Halve each **chicken tenderloin**. Bring a medium saucepan of water to the boil for the noodles.



### 2. Prepare miso broth

Put the **miso paste, mirin, sesame oil, star anise, soy sauce** and the **water** (see staples list) in a large saucepan and bring to a simmer over medium heat.



### 3. Poach chicken

Add the **chicken** and **half the spring onion** to the miso broth. Cover with a lid and cook for 4 mins.



### 4. Add bok choy

Add the **bok choy**, cover and cook for a further 2 mins or until the bok choy is tender and the chicken is cooked through. Remove the chicken and bok choy with a slotted spoon and keep warm. Set the chicken aside to rest for 3 mins. Keep the broth hot over low heat.



### 5. Cook noodles

While the chicken is resting, cook **¾ of the packet of noodles** (keep remainder for another use) in the pan of boiling water for 3-4 mins until tender. Drain in a colander.



### 6. Get ready to serve

Shred the **chicken**. Divide the **noodles** and **bok choy** among bowls. Top with the chicken and ladle over the miso broth. Scatter with the **remaining spring onion** and serve with the **seaweed**.