

MARLEY SPOON



Miso Noodle Soup

with Poached Chicken and Bok Choy



20-30min



4 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

- seaweed
- 2 bunches bok choy and 3 spring onions
- mirin
- sesame oil ¹¹
- free-range chicken tenderloins
- white miso paste ⁶
- star anise
- egg noodles ^{1,3}

What you'll require

- soy sauce ⁶
- water

Utensils

- 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 530.0kcal, Fat 14.4g, Proteins 42.6g, Carbs 54.5g



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.



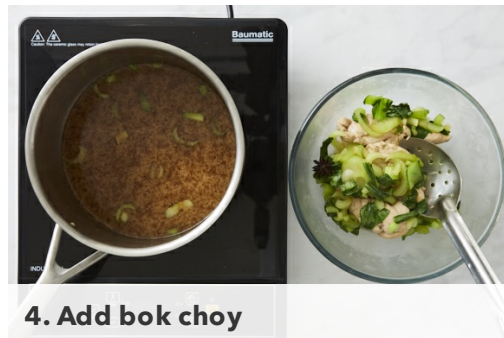
2. Prepare miso broth

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.



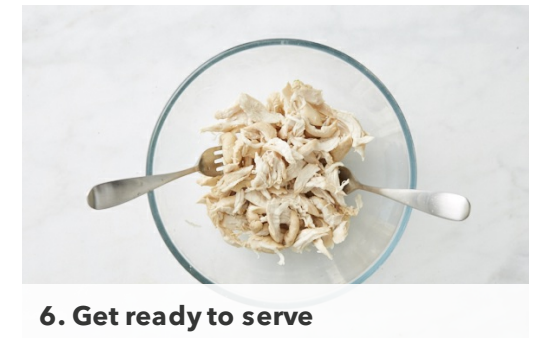
4. Add bok choy

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 **1½ packets 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**.