



Chicken and Vegetable

Noodle Soup



20-30min



2 Portions

This classic comfort food will appeal to every generation. We've fast-tracked the cooking time by using instant chicken stock, then boosting the flavour of the broth with succulent chicken breasts, the gentle spice of ginger and fresh parsley. Add plenty of veggies and slippery egg noodles, and you have just the recipe to warm your soul.

What we send

- green peas
- free-range chicken breast fillets
- parsley, ginger, 1 garlic clove and 1 celery stalk
- carrots
- dry egg noodles ^{1,3}
- green beans
- chicken stock powder

What you'll require

- eggs ³
- olive oil
- sea salt and pepper
- water

Utensils

- large saucepan
- medium saucepan
- sieve

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

Allergens

Gluten (1), Egg (3). May contain traces of other allergens.

Nutrition per serving

Energy 685.0kcal, Fat 12.2g, Proteins 56.8g, Carbs 81.9g



1. Prepare ingredients

Bring a medium saucepan of water to the boil for noodles. Bring a kettle of water to the boil. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Thinly slice the **celery**. Pick and finely chop the **parsley** leaves and stems, keeping them separate. Combine the **stock powder** with the **boiling water**.



4. Cook noodles

Cook the **noodles** in the pan of boiling water for 3-4 mins until al dente. Drain and rinse under cold water to prevent the noodles from sticking together.



2. Start soup

Heat the **oil** in a large saucepan over medium heat. Cook the **garlic, ginger** and **celery** for 3-4 mins until slightly softened. Add the **chicken stock, parsley stems** and **chicken** and bring to a simmer. Cover with a lid and reduce heat to low. Simmer for 10 mins or until chicken is just cooked through. Remove chicken from stock, set aside to rest and keep warm.



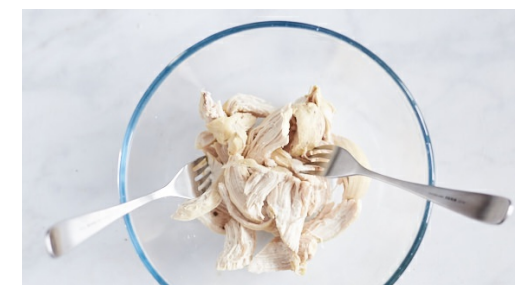
5. Add vegetables

Add the **carrots** and **beans** to the **stock** and cover with a lid. Cook for 3 mins, then add the **peas** and cook for 1-2 mins until the vegetables are tender. Season to taste with **salt and pepper**. If using, crack the **egg(s)** into the **soup** and use a fork to disperse.



3. Prepare vegetables

While the chicken is cooking, peel and quarter the **carrot(s)** lengthwise, then thinly slice. Trim ends of **beans**, then cut into 2cm lengths. Increase the heat for the pan with the stock to medium.



6. Get ready to serve

Shred the **chicken**. Divide **noodles** among bowls and top with the **chicken**. Ladle **soup** and **vegetables** into the bowls and scatter over **parsley** to serve.