




**HEALTHY
CHOICE**

Japanese Chicken Soup

with Udon Noodles



20-30min



2 Portions

Udon noodles are thick, chewy and wheat flour-based; the Japanese love them in soup. This dish is lean, healthy and full of flavour, much of this coming from the nourishing kombu and dashi stock mixture. Kombu is a type of dried kelp (seaweed) and is incredibly good for you; it contains more vitamins and minerals than any land-based plant.

What we send

- udon noodles ¹
- white miso paste ^{1,6}
- sesame oil ¹¹
- zucchini, ginger, spring onion
- pak choy
- mirin ¹
- corn kernels
- free-range chicken tenderloins

What you'll require

- soy sauce ⁶
- water

Utensils

- fine grater
- medium saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 435kcal, Fat 9.0g, Carbs 39.2g, Proteins 47.5g



1. Prepare vegetables

Bring a medium saucepan of water to the boil for the noodles. Peel and finely grate the **ginger**. Halve the **zucchini** lengthwise then thinly slice. Trim and coarsely chop the **pak choy**. Thinly slice the **spring onion**.



2. Cook noodles

Cook **2 bundles of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 8 mins. Drain and rinse the noodles. Reserve the pan. Meanwhile, put the **ginger** and **sesame oil** in a bowl. Add the noodles and mix to combine.



3. Prepare chicken

While the noodles are cooking, cut the **chicken** into 2cm chunks.



4. Make broth

Put the **miso paste** and **mirin** in the reserved saucepan. Add **1.25L (5 cups) water** and whisk to combine. Add **1 tbs soy sauce** and bring to the boil over medium-high heat.



5. Add vegetables

Add the **zucchini, spring onion, corn** and **chicken**, reduce heat to medium then cover and cook for 3 mins or until the vegetables are just tender and the chicken is just cooked through.



6. Add noodles

Add the **noodles** and **pak choy** to the soup and cook for 1-2 mins until warmed through. Divide the **soup** among bowls to serve.