



## Japanese Chicken Soup

with Udon Noodles



20-30min



4 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 <sup>1</sup>
- white miso paste <sup>6</sup>
- ginger, spring onion, zucchini
- sesame oil <sup>11</sup>
- free-range chicken tenderloins
- pak choy
- mirin <sup>1</sup>
- corn kernels

## What you'll require

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

## Utensils

- fine grater

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 400kcal, Fat 8.8g, Carbs 33.3g, Proteins 43.3g



### 1. Prepare vegetables

Bring a large 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 onions**.



### 2. Cook noodles

Cook the **noodles** 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 **2L (8 cups) water** and whisk to combine. Add **2 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.