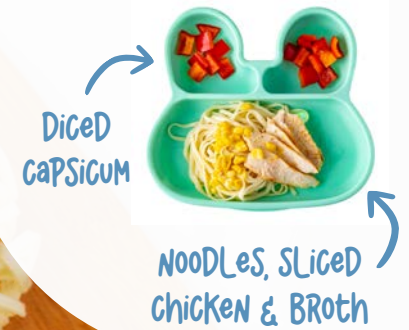




for the
little ones



Chicken Noodle Soup

Warm and comforting 'feel good' chicken & corn noodle soup – perfect for chilly weeknights.



35 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	6g	117g

FROM YOUR BOX

SPRING ONIONS	1 bunch
CORN COB	1
GINGER	1 piece
CHICKEN STOCK PASTE	1 small jar
CHICKEN SCHNITZELS	300g
WHEAT NOODLES	1 packet
RED CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, soy sauce

COOKING TOOLS

frypan, saucepan x 2

If soup is not your thing, use the noodles and shredded chicken to make a quick stir-fry with the spring onions, capsicum and ginger. Add a little sweet chilli and soy sauce to taste.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – wheat noodles are replaced with rice noodles. Cook until tender.



1. SAUTE THE VEGGIES

Slice **spring onions** (reserve **green tops**), remove **corn kernels** from cob and grate **ginger to yield 1 tbsp**. Heat a saucepan with **1 tbsp oil** over medium heat. Add **veggies** and cook for 3-4 minutes.

tip For extra flavour, add garlic, extra stock or brown onions.



4. COOK THE NOODLES

Bring a second saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until al dente. Drain and rinse in cold water.

tip It is important to rinse the noodles in cold water to stop the cooking process causing them to overcook.



2. SIMMER THE BROTH

Stir in **chicken stock** and **1L water**. Bring to a simmer, cover and cook for 10-15 minutes.

tip You can poach the chicken in the broth for 15 minutes then remove and shred.



5. SHRED & ADD THE CHICKEN

Shred or slice **chicken**. Add to broth and season with **2 tbsp soy sauce** (or to taste).

tip Keep the chicken separate and serve it as a topping if you prefer.



3. COOK THE CHICKEN

Meanwhile, heat a frypan with **oil** over medium-high heat. Add **chicken schnitzels** and cook for 4-6 minutes on each side or until cooked through. Season with **1 tsp soy sauce**. Remove to a chopping board.



6. FINISH AND SERVE

Dice **capsicum** and slice **reserved spring onion green tops**.

Take **noodles**, broth, **capsicum** and **spring onions** to the table and let everyone create their own soup bowl.