



Product Spotlight: Ginger

Store your ginger in the freezer! Peel before you store. When you need to use it, it is easier to grate the ginger while it is frozen. Leftover ginger and the peel can be used in tea, stock or poaching liquid for extra flavour.



Ginger Chicken Noodle Soup

A light and fragrant Asian-style soup with chicken, sweet corn, egg noodles and warming ginger – perfect for chilly nights or when you're feeling under the weather.



30 minutes



2 servings



Chicken

Switch it up!

Turn it into a stir fry! Use the ginger, garlic and soy sauce to make a sauce. Stir fry chicken and remaining vegetables, add cooked noodles and sauce, and toss to combine.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	13g	43g

FROM YOUR BOX

GARLIC CLOVE	1
GINGER	1 piece
SPRING ONIONS	1 bunch
CORN COB	1
ASIAN GREENS	1 bunch
DICED CHICKEN BREAST	300g
EGG NOODLES	150g
LIME	1

FROM YOUR PANTRY

sesame oil, salt, pepper, cornflour, soy sauce (or tamari)

KEY UTENSILS

2 saucepans

NOTES

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps! Reserve spring onion tops. Thinly slice and use for garnish.

Add your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli to spice this dish up.

No gluten option – noodles are replaced with rice noodles. Cook according to packet instructions.



1. PREPARE THE INGREDIENTS

Crush **garlic**, peel and grate **ginger** and slice **spring onions** (see notes). Remove **corn** kernels from cob, trim and slice **Asian greens** (use to taste). Keep separate.

Bring a saucepan of water to a boil for step 5.



2. BROWN THE CHICKEN

Heat a saucepan over medium-high heat with **sesame oil**. Season **chicken** with **salt and pepper** and toss with **2 tsp cornflour**. Add to pan and cook, turning occasionally, for 4–5 minutes until golden.



3. SIMMER THE SOUP

Add spring onions, garlic and ginger (and extra oil if necessary). Cook, stirring, for 1–2 minutes then add corn, **3 cups water** and **2 tbsp soy sauce**. Simmer, semi-covered, for 10 minutes.



4. COOK THE NOODLES

Add **noodles** to boiling water and cook for 2–3 minutes until noodles are tender. Drain and rinse with cold water (to prevent sticking).



5. FINISH THE SOUP

Zest **lime** and wedges 1/2 for serving. Stir in lime zest and juice from 1/2 lime to soup along with Asian greens. Simmer for further 2 minutes and adjust seasoning to taste with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles among bowls. Spoon in soup. Garnish with any reserved spring onion green tops and serve with lime wedges (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

