



## Hearty Chicken, Ginger and Lemongrass Noodle Soup

Serves 4

Nothing beats a hearty bowl of homemade chicken noodle soup in winter. For a contemporary twist, we have created an Asian inspired version of this much loved, classic soup recipe. Enjoy!

### TASTE OF CATER CARE FACT

Unfortunately winter brings with it coughs, colds and the dreaded flu and when we are feeling under the weather, nothing beats a bowl of homemade chicken noodle soup, particularly when it is mums!

Whilst this recipe is not mum's! It might just be the next best thing. It is full of flavour, easy to make and packed with protein, zinc, and vitamin C to help keep those Winter blues at bay this year!

### INGREDIENTS

- 40ml Vegetable Oil
- 4 Garlic Cloves - peel and finely chop.
- 2 Long Red Chilli - remove stem, seeds and membrane, finely chop.
- 2 Lemongrass Stems - remove outer leaves and using tender white inner stem only lightly bruise.
- 2 tsp Minced Ginger
- 1Lt Chicken Stock (salt reduced)
- 1Lt Water
- 600gm Skinless Chicken Breast Fillet
- 120ml Lime Juice
- 1 tbsp Fish Sauce
- 100gm Coconut Sugar
- 400gm Vermicelli Rice Noodle
- 12 Broccoli Florets (small)
- 200gm Button Mushrooms - rinse under cold running water, drain and finely slice.
- 2 Shallot Stems - use green stem only and finely slice.
- ¼ bunch Coriander - pick leaves, rinse, drain and roughly tear.

### METHOD

1. Over a moderate heat, in a saucepan, add and heat the oil, then add the garlic, chilli, lemongrass and ginger. Sauté stirring regularly for 1 minute or until fragrant.
2. Add the chicken stock and water, mix to combine, bring it up to the boil, then reduce the heat and allow to gently simmer for 5 minutes to allow the stock's flavours to further develop.
3. Add the chicken breast, bring the stock back up to the boil, then reduce the heat and allow it to gently simmer for 10 minutes, or until the chicken is just cooked through. Carefully remove the chicken from the stock, set to one side for a few minutes to cool slightly and then finely slice widthways.
4. Add the lime juice, fish sauce and coconut sugar to the stock, mix to combine ensuring the sugar has dissolved. Bring the stock back up to the boil and then remove it from the heat.



5. Cook Vermicelli rice noodles as per manufacturer's instructions and set to one side.
6. Over a moderate heat, bring a saucepan of water to the boil. Add the broccoli florets and blanch for 1 minute or until just tender. Remove the broccoli florets from the heat and refresh under cold running water for a few minutes. Drain well and set to one side.

## TO SERVE

Over a moderate heat, reheat the stock.

In the base of each serving bowl, place a portion of the noodles. Then evenly distribute a portion of the mushrooms, broccoli and sliced chicken on top of the noodles. Cover each with the hot stock and garnish with sliced shallots and torn coriander leaves. Serve immediately.