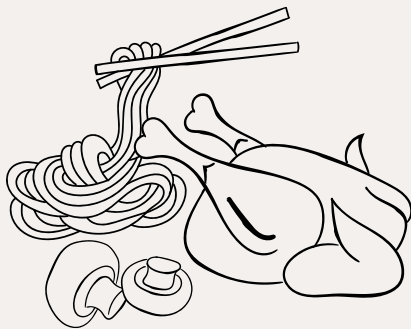


SOUPER CHALLENGE

Chicken Noodle Soup



This delicious broth will warm you up on a winter's evening. It contains ginger, which is great for colds, so it's perfect if you're feeling a bit under the weather.



PREPARATION TIME
10 minutes



COOKING TIME
30 minutes



SERVES
2

INGREDIENTS

900ml chicken or vegetable stock (or Miso soup mix)

1 boneless, skinless chicken breast (about 175g)

1 tsp chopped fresh ginger

1 garlic clove, finely chopped

50g rice or wheat noodles

2 tbsp sweetcorn, canned or frozen

2-3 mushrooms thinly sliced

2 spring onions, shredded

2 tsp soy sauce plus extra for serving

METHOD

Step 1

Pour the stock into a pan and add the chicken breast, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.

Step 2

Put the chicken on a board and shred into bite-size pieces using a couple of forks. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, spring onion and soy sauce. Simmer for 3-4 mins until the noodles are tender.

Step 3

Ladle into two bowls and serve with extra soy sauce.

