Ginger chicken and vegetable soup

Preparation time
30 minutes

Cooking time
30 minutes

Serves
8

Recipe courtesy of
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Ingredients Method Nutrition

BROTH:

3L of water

4 tbsp of salt-reduced soy sauce

1 tbsp of fish sauce

8cm piece of fresh ginger, peeled and thinly sliced

juice of 1 whole lemon

3 garlic cloves, peeled and crushed

1 medium onion, peeled and cut into thin slices

2 small hot chilli peppers (to taste), finely chopped

cracked black pepper (to taste)

OTHER:

200g of dry thin rice noodles

1kg of chicken breast, thinly sliced

1 head of broccoli, cut in to florets (tip: you can use the stem too, just peel and slice)

2 large carrots, peeled and sliced into circles

1 red capsicum, seeded and sliced

400g of button mushrooms, sliced

150g of snow peas, topped and tailed

400g can of baby corn kernels, drained and rinsed

Serve with a few steamed gyoza/ dumplings (not included in nutrition information)

1. Add water to a large pot and bring to the boil over medium heat.
2. Add all 'broth' ingredients and allow the mixture to simmer for a minimum of 20 minutes so all the flavours can infuse into the water to create a fragrant broth.
3. Prepare noodles as per package instructions, drain and set aside.
4. Add the sliced chicken into the broth and allow to simmer for 5 minutes.
5. Finally, add all remaining chopped vegetables and allow to boil for no longer than 2 minutes before turning off the heat.
6. Divide noodles amongst 8 deep soup bowls, then ladle over the hot soup.

Nutritional information is provided per serve

Engery	1470kJ (351 calories)
Protein	36g
Saturated Fat	1g
Total Fat	3g
Carbohydrates	38g
Sugars	9g
Dietary Fibre	7g
Sodium	781mg