

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

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