

# Chicken Noodle Soup

**Serves 4**

## Ingredients

- 1.8l chicken or vegetable stock
- 1 tbsp vegetable oil
- 2 chicken breasts
- 1-inch fresh root ginger
- 2 garlic clove
- 1 stick of celery
- 1 carrot
- 100g wholewheat or rice noodles
- 5 tbsp sweetcorn canned or frozen
- 5 mushrooms
- 3 spring onions
- 1 bunch of parsley
- 3 tsp soy sauce, plus extra for serving

**Quick and  
easy  
family meal**



## Method

1. Peel and grate the ginger
2. Peel and finely chop/crush the garlic
3. Thinly slice the mushrooms, and finely chop the celery.
4. Finely slice the spring onions and parsley and set aside.
5. Pour the oil into a large pot and fry the mushrooms and celery until soft then add in the garlic and ginger.
6. Pour the stock into a pan and add the chicken breast,
7. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
8. Remove the chicken to a chopping board and shred it into bite-size pieces using a couple of forks.
9. Return the chicken to the stock with the noodles, then add in the sweetcorn, spring onions and soy sauce
10. Simmer for 3-4 mins until the noodles are tender.
11. Serve with extra soy sauce and parsley for sprinkling.