

Chicken Noodle Soup

Prep: 15mins

Cook time: 30mins

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
- mint or basil leaves and a little shredded chilli (optional), to serve

Method:

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.
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.
3. Ladle into two bowls and scatter over the remaining spring onion, mint or basil leaves and chilli, if using. Serve with extra soy sauce.

For veggie version:

Use vegetable stock and substitute chicken for 175g firm tofu cut into cubes, simmer for 5 mins, then add the other ingredients as before and/or add carrots, courgette, peas, green beans, pak choi, and leek.