



CHICKEN NOODLE SOUP- Serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 350g breast/ thigh fillets (or 2 chicken drumsticks also work) (Tofu, Lentils, TVP, - MF)
- ½ - 1 tbsp olive oil
- 1 tsp dried thyme (or Parsley)
- 1 tsp oregano (or Parsley)
- ½ small onion
- 1 tsp garlic minced
- 1 celery stick
- 1 carrot
- 1 1/2 cups (375ml) chicken stock (Vegetable Stock- MF)
- 1 1/2 cups (375ml) water
- 100g thick egg pasta) (Rice noodles, G.F noodles, sweet potato noodles- G.F)
- Finely chopped parsley for garnish (optional)
- Salt and pepper

Equipment:

- 1 Large Saucepan/ Pot
- Chopping Board
- Sharp Knife
- Measuring Jug/ Measuring Cups

Method:

1. Prepare ingredients ready for cooking. Chicken sliced into small portions (if using breast or thigh), onion diced, celery and carrot thinly sliced or diced to desired size, parsley chopped finely (if using).
2. Season chicken generously with salt and pepper.
3. Heat 1 tbsp oil in a large pot over medium high heat.
4. If using chicken breast or thigh: add chicken and cook through on each side, approximately 2-3 minutes on each side, until white and becoming golden brown.
5. If using drumsticks: add chicken, skin side down, and cook until brown - 1 1/2 to 2 minutes. Turn and cook the other side for 2 minutes. Transfer to a plate.



6. Turn the heat down to medium low. Discard all but about 1 tbsp fat from the pot. If you don't have any fat, add 1 tbsp olive oil (or 2 tbsp if there is not much chicken fat), then add the onion, garlic, thyme and oregano.
7. Cook for 2 minutes, then add the celery and carrots. Cook for 3 minutes.
8. Add a splash of the chicken broth and mix in, scraping the bottom of the pot.
9. Return the chicken and juices into the pot, add the chicken broth and water.
10. Turn the heat up to medium to bring to a simmer. Place the lid on and cook for 30 minutes. Note: if using chicken drumsticks, the chicken should be cooked enough to shred at this stage.
11. Add the noodles into the pot and cook to packet instructions,
12. Only if using drumsticks: Remove the chicken into a large bowl or plate. While the noodles is cooking, remove the skin from the chicken and discard it. Then shred the flesh into chunks using 2 forks. Return the chicken to the pot.
13. Season to taste with salt and pepper.
14. Serve, garnished with parsley if desired.

Nutritional Tips:

- Asian greens like bok choy or pak choi taste great in soups.
- If you don't need a full bunch of celery, swap it for leeks, spring onions, capsicum, carrot, onion, or zucchini.
- Bulk up the soup with extra vegetables like mushrooms or frozen peas.

Storage Information:

In the fridge:

- **Storage time: 3 to 4 days**
- **Tips:**
 - Store in an **airtight container** once it's cooled.
 - If you know you'll eat it within a few days, keep the **noodles separate** so they don't get mushy.
 - Reheat on the stove or in the microwave.

In the freezer:

- **Storage time: Up to 3 months**
- **Best practice:**




- **Leave noodles out** and freeze just the broth + chicken + veggies.
- Add fresh-cooked noodles when reheating for best texture.
- Use freezer-safe containers or heavy-duty bags.
- Leave a little space at the top for expansion.
- **Reheating from frozen:**
 - Thaw overnight in the fridge, then heat on the stove.
 - Or reheat gently from frozen on low heat, stirring often.

Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/chicken-and-vegetable-noodle-soup/>

Nutrition Information: Serving: 1 serve

Chicken Noodle Soup		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2496.9 kJ	29 %
Protein	53.3 g	107 %
Fat, total	21.9 g	31 %
- saturated	5.9 g	25 %
Carbohydrate	41.1 g	13 %
- sugars	2.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.6 g	
Dietary Fibre	3.1 g	10 %
Sodium	704.3 mg	31 %
Vitamin C	2.1 mg	
Vitamin A	68 µg	
Calcium	93.8 mg	
Iron	3.4 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		
Full Info at cronometer.com		

Australia/NZ Label

