

Thai Chicken Noodle Soup

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Ingredients:

- 200g udon (buckwheat) or wholegrain noodles
- 1 L good quality chicken or vegetable stock (e.g. Marigold or Kallo)
- 1 tbsp. Thai red or Massaman curry paste
(try Thai Gold brand, widely available)
- 1 tbsp. fish sauce
- 1 clove garlic, crushed or grated
- 1 tsp freshly grated ginger
- 1 lemongrass stalk, tough outer layers removed and remainder finely sliced (optional)
- 1 red chilli, finely sliced (optional)
- Juice of 1 - 2 limes
- 1 packet chestnut or wild mushrooms, finely sliced
- 6 scallions, finely sliced. Keep whites and greens separate
- 1 pack frozen stirfry veg
- 200g leftover cooked chicken, shredded
- 1 handful bean sprouts



Serves: 4



Prep: 10 mins
Cook: 10 mins

Directions:

1. Cook noodles according to pack instructions. Then rinse and place in the bottom of 4 soup bowls just before soup is ready
2. While noodles are cooking, place stock, curry paste, fish sauce, garlic, ginger, lemongrass, chilli and lime juice in a large saucepan. Bring to the boil, add mushrooms and scallion whites and cook for 2 minutes
3. Add the frozen veg and chicken and cook for 2 – 3 minutes.
4. Ladle soup on top of noodles, sprinkle with bean sprouts and scallion greens to serve

If time is short or you do not have garlic, ginger, lemongrass and / or chilli to hand, this can be made with just stock, curry paste and fish sauce. However, the additional herbs add great flavour. If you plan to use some of the soup the next day, remove the portion for later after step 2 and place in an airtight container with the frozen veg and chicken on top. Soup will be ready when heated for 3 minutes before eating.