



Fragrant Chicken Noodle Soup with Spring Greens

Spring Greens 35-40 Minutes • 1 of your 5 a day

5



Spring Onion



Chicken Thigh



Ginger, Garlic & Lemongrass Puree



Chicken Broth Paste



Egg Noodle Nest



Lime



Sliced Spring Greens



Soy Sauce



Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, lid and sieve.

Ingredients

Ingredients	2P	3P	4P
Spring Onion**	1	2	2
Chicken Thigh**	3	4	6
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Chicken Broth Paste	15g	22g	30g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Lime**	½	1	1
Sliced Spring Greens**	150g	200g	300g
Soy Sauce 11) 13)	15ml	25ml	30ml
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Boiled Water for the Soup*	500ml	750ml	1000ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	341g	100g	351g	100g
Energy (kJ/kcal)	2488 / 595	729 / 174	2021 / 483	575 / 137
Fat (g)	22.5	6.6	6.4	1.8
Sat. Fat (g)	6.2	1.8	1.5	0.4
Carbohydrate (g)	54.1	15.8	52.9	15.1
Sugars (g)	4.6	1.3	4.8	1.4
Protein (g)	46.0	13.5	53.4	15.2
Salt (g)	3.98	1.17	4.0	1.14

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Started

Boil a full kettle.

Trim and thinly slice the **spring onion**.



Cook the Noodles

In the meantime, bring a large saucepan of **water** to the boil with **¼ tsp salt**.

When boiling, add the **noodles** to the **water** and cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.

Cut the **lime** into wedges.



Brown the Chicken

Heat a large saucepan on medium-high heat with a drizzle of **oil**.

Once hot, add the **chicken thighs** and cook for 2 mins on each side until browned all over.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

Stir through the **ginger, garlic & lemongrass puree** and **half** the **spring onion**. Cook for 1 min.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, fry for 3 mins on each side.



Shred the Meat

Once cooked, remove the **chicken** to a bowl using a slotted spoon and stir the **sliced spring greens** into the **soup**. Cook until tender, 2-3 mins.

Meanwhile, use two forks to shred the **chicken** as finely as you can. Add the **cooked chicken** and **noodles** back into the **soup**. Heat through for 1-2 mins.

Add the **soy sauce** and a squeeze of **juice** from a **lime wedge** to your **soup**. Taste and season, add more **lime juice** if needed.



Add the Stock

Pour the **boiled water for the soup** (see pantry for amount) into the **chicken** pan.

Add the **chicken broth paste** and season with **salt** and **pepper**. Bring the **stock** to the boil, stirring to combine.

Once the **stock** is boiling, lower the heat to medium and cover the pan with a lid. Simmer until the **chicken** is cooked, 15-20 mins, stirring halfway.

IMPORTANT: The chicken is cooked when no longer pink in the middle.



Spring has Sprung

Carefully share your **chicken noodle soup** between your bowls.

Finish with a sprinkle of the remaining **spring onion** and serve with the remaining **lime wedges** alongside.

Enjoy!