



Asian Chicken Noodle Soup

with Greens & Coriander

Grab your Meal Kit with this symbol



Garlic



Ginger



Brown Onion



Asian Greens



Carrot



Coriander



Lemon



Chicken Breast



Southeast Asian Spice Blend



Oyster Sauce



Chicken Stock



Flat Noodles

Hands-on: **10-20 mins**
Ready in: **20-30 mins**

Eat me early

With a warm and aromatic broth, thick noodles and succulent chicken, it's no wonder chicken noodle soup is loved around the world. You'll love this quick version that's ready in a flash!

Pantry items

Olive Oil, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
brown onion	1	2
Asian greens	1 bunch	2 bunches
carrot	1	2
coriander	1 bag	1 bag
lemon	1	2
chicken breast	1 packet	1 packet
Southeast Asian Spice Blend	1 sachet	2 sachets
water*	3 cups	6 cups
oyster sauce	1 tub (50g)	1 tub (100g)
soy sauce*	1½ tbs	3 tbs
chicken stock	1 cube	2 cube
flat noodles	1 packet (250g)	2 packets (500g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2569kJ (614Cal)	367kJ (87Cal)
Protein (g)	44.5g	6.4g
Fat, total (g)	18.1g	2.6g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	60.9g	8.7g
- sugars (g)	19.4g	2.8g
Sodium (mg)	2850mg	407mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger** (unpeeled). Finely chop the **brown onion**. Roughly chop the **Asian greens**. Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Zest **1/2** the **lemon** then cut into wedges. Slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **chicken**, **Southeast Asian spice blend** and a **drizzle of olive oil**.



2. Cook the chicken

In a large saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook until browned and cooked through, **4-5 minutes**. Transfer to a bowl.

TIP: Chicken is cooked through when it's no longer pink inside.



3. Start the soup

Return the saucepan to a medium-high heat with a **drizzle of oil**. Add the **onion** and cook, stirring occasionally, until softened, **5 minutes**. Add the **garlic** and **ginger** and cook, stirring, until fragrant, **1 minute**. Add the **water**, **oyster sauce**, **soy sauce** and crumble in the **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**).



4. Finish the soup

Add the **Asian greens**, **carrot** and **flat noodles** to the **broth**. Bring to a boil, then reduce heat to low and simmer until the vegetables and noodles are just tender, **1-2 minutes**. Add the **lemon zest** and squeeze over **1/2** the **juice**. Stir to combine. Add extra **soy sauce** to taste.



5. Add the chicken

Add the **chicken** to the **broth** and stir to combine.



6. Serve up

Divide the vegetables, noodles and chicken between bowls and ladle over the broth. Top with coriander and serve with remaining lemon wedges.

Enjoy!