



UCCOOK

Nourishing Chicken Noodle Soup

with leeks, carrot & fresh parsley

It doesn't get any more classic than this, Chef! Everyone should have this recipe in their arsenal. This comforting soup is made with chicken, flavoursome leeks & carrots, and hearty egg noodle pieces in a savoury chicken broth. Garnished with fresh parsley and lots of love!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Rhea Hsu

 Simple & Save

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

| | |
|------|---|
| 300g | Free-range Chicken Mini Fillets |
| 120g | Carrot <i>peel & cut into thin half-moons</i> |
| 200g | Leeks <i>halve lengthways, rinse thoroughly & cut into bite-sized pieces</i> |
| 40ml | Stock Mix <i>(20ml Chicken Stock & 20ml NOMU Poultry Rub)</i> |
| 50g | Egg Noodle Pieces <i>lightly crush</i> |
| 100g | Corn |
| 5g | Fresh Parsley <i>rinse, pick & finely chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. THE STAR OF THE SHOW Place a pot over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pot, cut into small pieces, season, and set aside.

2. SET THE STAGE Boil the kettle. Return the pot to medium heat with a drizzle of oil or a knob of butter (optional). When hot, fry the carrot half-moons and the leek pieces until slightly softened, 4-5 minutes (shifting occasionally). Add 1.2L of boiling water and the stock mix. Bring to a boil and add the noodle pieces. Simmer until al dente, 7-8 minutes (stirring occasionally). In the final 1-2 minutes, stir through the corn, the chicken pieces, ½ the chopped parsley, and seasoning.

3. ACTION! Ladle a generous portion of chicken noodle soup into a bowl. Garnish with the remaining parsley and finish it off with a crack of black pepper. Get sipping, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 439kJ |
| Energy | 105kcal |
| Protein | 9.3g |
| Carbs | 14g |
| of which sugars | 2.8g |
| Fibre | 1.7g |
| Fat | 1.5g |
| of which saturated | 0.4g |
| Sodium | 309mg |

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat
within 3
Days