



UCOOK

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: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

 Simple & Save

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

450g	Free-range Chicken Mini Fillets
240g	Carrot <i>peel & cut ¾ into thin half-moons</i>
300g	Leeks <i>halve lengthways, rinse thoroughly & cut into bite-sized pieces</i>
60ml	Stock Mix <i>(30ml Chicken Stock & 30ml NOMU Poultry Rub)</i>
75g	Egg Noodle Pieces <i>lightly crush</i>
150g	Corn
8g	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, 5-6 minutes (shifting occasionally). Add 1.8L 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