



# Chicken noodle soup

⌚ Prep: 10 mins      🍴 Serves 2  
 🔪 Cook: 30 mins

Mary Cadogan's aromatic broth will warm you up on a winter's evening - it contains ginger, which is particularly good for colds.

**Nutrition: per serving**

	low in						
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
217	2g	0.4g	26g	1g	0.6g	26g	2.5g

## Ingredients





- 900ml chicken or vegetable stock (or Miso soup mix)
- 1 boneless, skinless chicken breast (about 175g)
- 1 tsp chopped fresh ginger
- 1 garlic clove, finely chopped
- 50g rice or wheat noodles
- 2 tbsp sweetcorn, canned or frozen
- 2-3 mushrooms, thinly sliced
- 2 spring onions, shredded
- 2 tsp soy sauce, plus extra for serving
- mint or basil leaves and a little shredded chilli (optional), to serve

## Method

- STEP 1**  
 Pour the stock into a **pan** and add the chicken breast, ginger and **garlic**. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
- STEP 2**  
 Put the chicken on a **board** and shred into bite-size pieces using a couple of forks. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, spring onion and soy sauce. Simmer for 3-4 mins until the noodles are tender.
- STEP 3**  
 Ladle into two bowls and scatter over the remaining spring onion, mint or basil leaves and chilli, if using. Serve with extra soy sauce.


TBAT Questions	
Identify the stock used and why?	
Describe the difference light and dark soy?	
Explain the taste, smell, texture and look of ginger?	Taste
	Smell
	Texture
	Look

### Cooking Skills Record:

The skills I used in preparing and cooking:				
My rating:	 Tasting & looking good	 Quite good	 Edible	 Not so good
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				

### Skills Used: (see skills records in students folders)

Teacher/Student Feedback:	Feedback Date:
Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back	
Name:	