

Ingredients

- 100g dried rice vermicelli noodles
- 2 tsp macadamia oil
- 1 large brown onion, finely chopped
- 2 large celery sticks, finely chopped
- 2 garlic cloves, crushed
- 3cm piece fresh ginger, peeled, thinly sliced
- 1 long fresh red chilli, deseeded, finely chopped
- 1 stick lemongrass, cut into 4cm lengths, bruised
- 400g lean chicken thigh fillets, fat trimmed
- 500ml (2 cups) Massel salt reduced chicken style liquid stock
- 250g cherry tomatoes, halved
- 1 bunch broccolini, cut into 4cm lengths
- 150g snow peas, thinly sliced
- 1 bunch baby buk choy, cut into 4cm lengths
- 1 tbsp fresh lime juice
- Fresh Thai basil leaves, to serve



Directions

Step 1

- Place noodles in a large heatproof bowl.
- Cover with boiling water. Set aside for 5 minutes to soften.
- Drain.

Step 2

- Heat oil in a large saucepan over medium heat.
- Cook onion and celery, stirring, for 5-6 minutes or until softened.
- Add garlic, ginger, chilli and lemongrass.
- Cook, stirring, for 1 minute or until aromatic.
- Add chicken.
- Cook for 1 minute or until starting to colour.

Healthy chicken noodle soup

Step 3

- Pour in stock and 750ml (3 cups) water.
- Bring to the boil.
- Reduce heat to low.
- Simmer, partially covered, for 10 minutes or until chicken is cooked through.
- Remove chicken with tongs.
- Transfer to a clean board.
- Set aside to cool slightly.
- Shred.
- Return to pan.

Step 4

- Add tomato, broccolini and snow peas to soup.
- Simmer for 3-4 minutes or until vegetables are just tender.
- Stir through buk choy until just wilted.
- Stir in lime juice and season.
- Divide noodles among bowls.
- Ladle over soup.
- Serve with basil.

