

Healthy Chicken Noodle Soup

Serves 4 Calories 350 per serving

- 100g dried rice vermicelli noodles
- 2 teaspoons vegetable oil
- 1 large 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, boned, fat trimmed
- 500ml chicken stock
- 250g cherry tomatoes, halved
- 1 bunch broccoli florets, cut into small florets
- 150g snow peas, thinly sliced
- 1 bunch baby pak choy, cut into 4cm lengths
- 1 tbs lime juice & Fresh Thai basil, to serve

1. Place noodles in a large heatproof bowl. Cover with boiling water. Set aside for 5 minutes to soften. Drain.
 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.
 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.
 4. Add tomato, broccoli and snow peas to soup. Simmer for 3-4 minutes or until vegetables are just tender. Stir through pak choy until just wilted. Stir in lime juice and season. Divide noodles among bowls. Ladle over soup. Serve with basil.
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