

# HEALTHY MEAL RECIPES



## Ten minute chicken noodle supper

### Ingredients (Serves 4)

- 125g medium or fine dried egg noodles
- 1.2 litres (2 pints) chicken or vegetable stock
- 300g fresh or frozen stir-fry vegetables
- 250g skinless, boneless roast chicken breasts, sliced
- Ground black pepper
- Few drops of soy sauce
- 1 tablespoon chopped fresh chives or coriander (optional)

### Equipment

Heatproof bowl, large saucepan, cauldron, chopping board and knife.

### Method

1. Put the noodles into a heatproof bowl and cover them with boiling water. Leave to soak for 6 minutes.
2. Meanwhile, pour the stock into a large saucepan and bring up to the boil. Add the vegetables and simmer for 5 minutes.
3. Drain the noodles, then add them to the saucepan with the sliced chicken. Season with some pepper. Heat for 1-2 minutes, then ladle into warmed bowls.
4. Serve each portion sprinkled with a few drops of soy sauce and some chives or coriander (if using).

**Preparation time:** 2 minutes

**Cooking time:** 8 minutes

Approximate cost for recipe: £7.72

Approximate cost per serving: £1.93

### Handy hints

- If you have more time, prepare your own choice of vegetables. Try carrots, peppers, broccoli, spring onions, cabbage and mushrooms.
- Sprinkle some hot or sweet chilli sauce onto the food to spice it up a little.