



CHICKEN SWEETCORN + NOODLE BROTH

INGREDIENTS

Chicken stock × 500ml
Ginger × 2 thumb sized pieces
Garlic × 2 cloves
Chilli × 1
Lemongrass × 1 stalk
Sweetcorn × 100g
Carrot × 1, thinly sliced
Chicken thighs × 2
Coconut milk × 200ml
Soy sauce × 1 tbsp
Sesame oil × 1 tsp
Egg noodles × 100g
Coriander × a few sprigs

METHOD

- 1** Roast the chicken thighs at 200oc for 35 mins or until cooked through.
- 2** Add the chicken stock to a deep pan and bring to the boil. Finely chop the garlic, ginger and chilli and add to the chicken stock.
- 3** Slice the lemongrass long ways and add to the stock. – Once the broth is cooked, take out the lemongrass.
- 4** Allow the stock to simmer for 20 mins to allow the flavours to infuse.
- 5** Shred the cooked chicken and add to the stock, including all the juices from the chicken.
- 6** Add in the coconut milk, soya sauce, sesame oil and noodles and cook until the noodles are soft.
- 7** Add in the carrots and cook for 1 minute. You want them nice and crunchy!
- 8** Serve in a nice deep bowl with some coriander on top.