



Asian Noodle Soup

A warming chicken broth with deep Asian-inspired flavours and veggies is ideal as a comforting winter meal. Miso paste is a well-known, nutritious Japanese seasoning made from fermented soy beans. It sounds a little different but is so flavourful. Once you try it, you'll want to add it to everything.

INGREDIENTS

Serves 4 - 6

3 chicken breasts on the bone, halved
 1 onion, chopped
 2 cloves of garlic, crushed
 2 bay leaves
 1-2 red chillies, seeded and chopped
 1 litre (4 cups) water
 500 ml (2 cups) chicken or vegetable stock
 15 ml (1 tbsp) soy sauce or to taste
 45 ml (3 tbsp) miso paste or to taste (available at speciality stores) or more soy sauce to taste
 6 thick slices fresh ginger
 250 g portabellini mushrooms, halved or quartered
 100-150 g egg noodles
 150 g broccoli, cut into florets
 2-3 large handfuls baby spinach or 2 large spinach leaves, shredded
 finely grated rind and juice of 2 limes
 salt and pepper
 handful fresh coriander leaves and toasted sesame seeds to serve (see tip)

METHOD

1. Heat an AMC 30 cm Paella Pan over a medium temperature until the Visiotherm® reaches the first red area. Fry chicken on all sides for a few minutes.
2. Add onion, garlic, bay leaves and chillies and sauté for a few minutes.
3. Add water, stock, soy sauce, miso, ginger and mushrooms. Bring to the boil, reduce the heat and simmer for about 20 minutes or until the chicken is just cooked.
4. Spoon chicken out. Allow to cool slightly, remove the skin and bones and shred the meat.
5. Add the egg noodles and broccoli to the soup and simmer until just cooked. Check the packaging to see how long the noodles need to cook. If they need more than 5-7 minutes, only add the broccoli in the last 5 minutes of the cooking time.
6. Stir in the spinach with the chicken and allow to warm through. Season with lime rind and juice, salt and pepper.
7. Serve immediately with fresh coriander and toasted sesame seeds.

TIP

Toast sesame seeds in a preheated AMC 24 cm Chef's Pan without any oil. Toss until light golden brown and toasted – take care as they burn easily.