



Go for 2&5[®]
FRUIT VEG

Get the edge with fruit & veg

It's recommended that adults eat at least two serves of fruit & five serves of veg every day. Eating more fruit and vegetables helps to prevent overweight and obesity, heart disease, some forms of cancer and can also improve control of diabetes.

Asian Noodle Soup

10 minutes preparation + 5 minutes cooking
7 serves of vegies in this recipe

- 4 cups chicken stock
- ¼ Chinese cabbage, finely sliced
- 1 small red chilli, finely sliced (optional)
- 2 tablespoons coriander, chopped
- 1 bunch bok choy, shredded
- 1 teaspoon ginger, finely chopped
- 2 tablespoons reduced-salt soy sauce
- 1 tablespoon fish sauce
- 125g Hokkien egg noodles, cooked
- 1 cup skinless chicken, cooked and shredded
- 1 cup mung bean sprouts
- 1 spring onion, sliced

Combine stock and cabbage in a large pot and bring to the boil. Simmer over gentle heat for 5 minutes or until tender.

Add chilli, coriander, bok choy, ginger and sauces. Divide hot noodles and chicken between 4 deep serving bowls.

Ladle soup mixture over noodles, add bean sprouts and garnish with spring onion. Serves 4.



Sample this recipe at the Go for 2&5[®] Taste Test

Belconnen Fresh Food Markets

Saturday, 16 May 2009, 10.00am - 12.00noon



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