

# Get more serves of vegies into your day this Autumn

## Asian Noodle Soup



Serves 4.

 10 minutes preparation + 5 minutes cooking

 7 serves of vegies in this recipe

### Ingredients:

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

**Method:** 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.



## The more you eat, the more they'll eat.

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