LighterLife Management

Week 4 Recipes:

Thai chicken noodle soup

This light and warming soup is full of fragrant Thai flavour, plus oodles of noodles!

Serves: 1

Nutrition per serving:
323 kcal, 34g protein, 33g carbs, 7g fat, 2g fibre

Ingredients:

- 1 tsp Thai red curry paste
- 100g chicken breast fillets, diced
- 120g mushrooms, sliced
- 2 spring onions, shredded
- 600ml stock
- 1 tsp light soy sauce
- 1 tsp Thai 7-spice
- 30g dry rice noodles
- 1 tbsp lime juice
- 1 tbsp fresh chopped coriander

Method:

1. Put the curry paste, chicken, mushrooms and spring onions in a large non-stick saucepan, mix well then cook over a medium heat for 3-4 mins, stirring occasionally.
2. Add the stock, soy sauce and Thai 7-spice seasoning, bring to the boil, then reduce the heat and simmer for 5 mins.
3. Add the rice noodles and cook gently for a further 5 mins. Stir in the lime juice and coriander and serve.

Tips:

- Instead of chicken, try 150g shelled raw tiger prawns and use Thai fish sauce in place of the soy sauce.