

*Fast Food Family Journey* blog  
Recipe 'Mums & Dads evening meal inspiration'  
Mary Smith

***Fragrant Thai chicken noodle soup***

I was inspired to create this recipe at home after eating a delicious chicken and coconut soup at a restaurant. They served a tiny bowl and I was very disappointed there wasn't more! This dish is a meal in itself, and so easily created in one pan with very little chopping or peeling required. It also works well with white fish or vegetables as a substitute for the chicken, which would be even quicker to cook.

*Total prep & cooking time 15 minutes*

*Quantity 4 large portions (eat 2 and freeze 2)*

*Tools Large pan, garlic crusher, juice squeezer, grater (e.g. Microplane), measuring jug.*

8 spring onions, chopped inc green bits\*  
6 garlic cloves, crushed  
2cm chunk ginger, finely grated\* \*  
2 star anise  
2 ½ tbsp fish sauce  
2 litres hot chicken stock  
700g diced chicken/turkey  
1 chilli, finely chopped/¼ tsp chilli flakes  
300g button mushrooms, whole  
1 x 400 ml tin coconut milk  
150g sugar snaps, whole

*Place in pan, stir well & boil for 8*

4 limes, juice only  
1 small bunch coriander, chopped  
600g 'straight to wok noodles' (e.g. Amoy)  
300g cherry tomatoes, whole

*Add and boil for 2 mins.*

\*You could use 4 shallots or 1 small onion finely chopped instead.

\*\* Peel the ginger with a teaspoon!

*Free from dairy and lactose.*