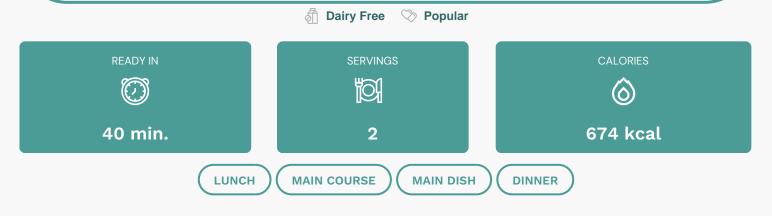


# Quick & easy hot-and-sour chicken noodle soup



## Ingredients

140 g soup noodles dried

1 tbsp vegetable oil; peanut oil preferred
2 tbsp ginger grated
1 medium to 5 chilies red deseeded finely chopped
4 small chicken thighs boneless skinless chopped
1 tbsp rice wine
700 ml vegetable stock hot

	4 crimini mushrooms sliced
	1 tsp soya sauce dark
	2 tbsp soy sauce light
	2 tbsp rice vinegar
	1 tbsp cornstarch mixed with 2 tbsp cold water to make a paste
	1 handful bean sprouts
	2 spring onion sliced
Εq	uipment
	bowl
	frying pan
	ladle
	wok
Directions	
	Bring a small pan of water to the boil and cook the noodles following pack instructions.
	Drain, rinse under cold running water to stop them cooking further, then drizzle over a little oi to prevent them sticking together. Divide between 2 deep bowls.
	Heat a wok over high heat and add the rest of the oil. When it starts to smoke, add the ginger and chilli, then stir-fry for a few secs.
	Add the chicken and stir-fry for 2 mins. As the meat starts to turn brown, add the rice wine and cook for 3 mins more.
	Add the vegetable stock, bring to a simmer, then add the mushrooms. Season with the dark soy, light soy and rice vinegar.
	Bring back to a simmer, then add the cornflour paste. Simmer and stir until thickened. Stir in the beansprouts and most of the spring onions, then ladle the soup over the noodles.
	Serve immediately, scattered with the remaining spring onions.

## **Nutrition Facts**

### **Properties**

Glycemic Index:129.5, Glycemic Load:24.26, Inflammation Score:-8, Nutrition Score:33.670000139786%

#### **Flavonoids**

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

#### Nutrients (% of daily need)

Calories: 673.65kcal (33.68%), Fat: 17.33g (26.67%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 67.78g (22.59%), Net Carbohydrates: 64.29g (23.38%), Sugar: 7.49g (8.32%), Cholesterol: 214.7mg (71.57%), Sodium: 2777.1mg (120.74%), Alcohol: 1.21g (100%), Alcohol %: 0.2% (100%), Protein: 56.69g (113.39%), Selenium: 106.41µg (152.02%), Vitamin B3: 16.56mg (82.8%), Vitamin B6: 1.32mg (66.2%), Phosphorus: 648.55mg (64.86%), Manganese: 0.93mg (46.41%), Vitamin C: 35mg (42.43%), Vitamin B2: 0.7mg (41.29%), Vitamin B5: 3.76mg (37.63%), Zinc: 5.09mg (33.93%), Vitamin K: 34.83µg (33.17%), Copper: 0.62mg (30.82%), Potassium: 1071.18mg (30.61%), Magnesium: 112.49mg (28.12%), Vitamin B12: 1.49µg (24.77%), Vitamin B1: 0.34mg (22.78%), Vitamin A: 1128.68IU (22.57%), Iron: 3.87mg (21.48%), Fiber: 3.48g (13.93%), Folate: 49.35µg (12.34%), Vitamin E: 1.79mg (11.92%), Calcium: 60.76mg (6.08%)