



Quick & easy hot-and-sour chicken noodle soup

 Dairy Free  Popular

READY IN



40 min.

SERVINGS



2

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g soup noodles dried
- ☐ 1 tbsp vegetable oil; peanut oil preferred
- ☐ 2 tbsp ginger grated
- ☐ 1 medium to 5 chillies 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

Equipment

- ☐ 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 oil 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



 **PROTEIN 34.68%**  **FAT 23.86%**  **CARBS 41.46%**

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

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%)