

Asian Chicken Soup

Traffic light category: **Green**

Serves: 15

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, diced
- 1 clove garlic, crushed
- 1 teaspoon fresh ginger, grated
- 1kg carrots, peeled and diced
- ½ bunch celery, diced
- 3 litres reduced salt chicken stock
- ½ cup rice noodles or pasta
- 1 cup corn kernels
- 500g cooked, skinless chicken breast, diced
- ½ tablespoon reduced salt soy sauce
- ½ teaspoon sesame oil
- 1 cup bean sprouts

Method

1. Heat olive oil in a large stock pot, add onion and cook until starting to brown, add garlic and ginger, cook for 1 minute
2. Add carrot and celery, cook for 5 minutes
3. Add stock, ensuring enough is added to cover all ingredients, simmer for 10 minutes
4. Add noodles or pasta, cook for a further 10 minutes or until noodles are cooked (*note, rice noodles will not take as long as pasta to cook*)
5. Add corn and chicken, cook for 1-2 minutes
6. Add soy sauce and sesame oil, stir gently
7. Serve topped with bean sprouts.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	585.9kJ	171.6kJ
Protein	10.8g	3.2g
Total fat	5.3g	1.6g
Saturated fat	1.4g	0.4g
Carbohydrate	10.6g	3.1g
Sugars	4.6g	1.3g
Dietary fibre	3.5g	1.0g
Sodium	592.1mg	173.4mg

With thanks to Amanda Ferguson



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