

CHICKEN NOODLE SOUP (Serves 4) 2 chicken breasts

Marinade: 4 tbsp soy sauce 2 pints (1.2 litres) chicken stock
2 tsp sesame oil 8 oz (200 g) egg noodles 1 tsp grated fresh
ginger 6 oz (150 g) frozen or canned 2 tbsp honey
sweetcorn 1 clove garlic, crushed 6 spring onions, chopped

Method-

Slice the chicken in half to make 4 thin fillets. Mix all the ingredients for the marinade together and marinate the chicken for 30 minutes in the fridge. Bring the stock to the boil, then reduce the heat and poach the chicken for about 8 minutes. Remove the chicken and reserve the stock. Chop the chicken as finely as possible. Cook the noodles until soft. Stir the sweetcorn, spring onions and any remaining marinade into the stock. Bring to the boil, then add the shredded chicken and noodles and heat through thoroughly.