

Fresh for Kids® asian vegie, chicken & noodle soup



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Supplying quality fresh fruit & vegetables

Fresh for Kids® asian vegie, chicken & noodle soup

Ingredients:

- 4 cups chicken stock
- 350g small chicken breast fillets
- 2 x 75g packets reduced fat chicken instant (2 minute) noodles
- 1 tbs kecap manis
- 80g fresh baby corn, sliced
- 1 bunch baby bok choy, trimmed and finely shredded

HEALTH BENEFITS:

Bok choy

- One baby bok choy stir-fried just to the still-crunchy stage has almost a whole days supply of vitamin C for a child. Vitamin C is needed to help the body fight infections.
- Some of the minerals in bok choy can be absorbed more easily than occurs with some other foods.
- Bok choy gives kids valuable dietary fibre. Fibre is important for a healthy intestine.

Method:

1. Bring stock to the boil in a medium saucepan over medium-high heat. Add chicken, reduce heat to medium-low and simmer for 8–10 minutes or until chicken is just cooked through. Transfer chicken to a plate.
2. Meanwhile, cook noodles, following packet directions, until tender. Drain and keep warm.
3. Add kecap manis to chicken broth and bring to the boil over medium-high heat. Add baby corn and bok choy and cook for 1 minute. Remove from heat.

4. Chop chicken into bite-sized pieces and add to chicken broth. Place noodles in serving bowls. Ladle over chicken broth and vegetables and serve.

Serves: 4 kids

Preparation: 10 minutes

Cooking: 12 minutes

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