

Fragrant Asian-Style Chicken Broth



Ingredients:

1 · 2 ltr (2Pts) Chicken Stock
2 x Chicken Breasts
Thumb-Sized Piece Ginger, thinly sliced
2 Garlic Cloves, crushed
1 Red Chilli, deseeded and chopped
1 x 125g Pack Baby Corn, halved
2 Green Peppers, deseeded and cut into chunks
150g (5oz) Oyster Mushrooms
2 tsp Fish Sauce
1 Lime, juiced
Bunch Spring Onions, finely sliced
small Bunch Coriander Leaves

Directions:

1. Pour the stock into a large pan and add the (skinless) chicken, ginger, garlic and half the chilli. Bring to the boil, then reduce the heat and partially cover. Simmer for 15-20 minutes until the chicken is cooked. Remove the chicken and shred.
2. Add the corn and peppers to the broth and simmer for 3 minutes before adding the mushrooms and shredded chicken. Stir in the fish sauce and the lime juice. Ladle into bowls and top each with a handful of spring onions, a little of the remaining chilli and some coriander leaves.

Nutrition:

Each serving contains (serves 4):

Calories 212 11% , Sugar 5g 5%, Fat 2g 3%, Saturates 0.5g 3% , Salt 1.5g 25%
(% of an adult's guideline daily amount)

Prep Time: 10 Mins Cooking Time: 30 Mins



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