KIKKOMAN

Asian-style chicken, carrot and egg soup

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,800 kJ / 430 kcal

Fat: **14 g** Protein: **28 g**
Carbohydrates: **42 g**

INGREDIENTS

2 portion(s)

1 tbsp	vegetable oil
0.5	onion
0.5	red chilli, finely chopped
1	garlic clove, finely chopped
0.5 tsp	grated ginger
1	carrot
1	red pepper
150 g	chicken breast fillet
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
600 ml	chicken stock or water
1	egg
2.5 tbsp	wheat flour

PREPARATION

Step 1

1 tbsp vegetable oil - **0.5** onion - **0.5** red chilli, finely chopped - **1** garlic clove, finely chopped - **0.5 tsp** grated ginger - **150 g** chicken breast fillet - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Chop the onion. Sauté the chopped onion, chilli, garlic and ginger in the vegetable oil. Add the sliced chicken breast and Kikkoman Soy Sauce. Stir-fry for 2 minutes, stirring constantly.

Step 2

1 carrot - **1** red pepper - **600 ml** chicken stock or water
Add the chopped carrot and red pepper. Sauté for 1 more minute, then pour in the hot stock or water. Simmer over low heat for 15 minutes.

Step 3

1 egg - **2.5 tbsp** wheat flour - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce
In a small bowl, whisk together the egg, flour, and Kikkoman Soy Sauce. Slowly pour the mixture into the simmering soup in a thin stream while stirring. Bring to a boil and serve.