

Vietnamese Style Chicken and Rice Noodle Soup

Total time **35 mins**

Nutritional facts (per portion):
1,661 kJ / 396 kcal

Fat: **6 g** Protein: **47 g**
Carbohydrates: **47 g**

INGREDIENTS

4 portion(s)

For the chicken:

240 g chicken breast
80 ml Kikkoman Teriyaki Marinade

For the broth:

1 onion
Ghee for frying
1 l meat stock
1 star anis
1 cinnamon stick
2.5 tbsp fish sauce (according to preference)
Salt and pepper

Soup ingredients:

300 g rice noodles
0.75 bunch of coriander
2 sprigs of Thai basil
2 springs of mint
1 small chili
1 organic lime (untreated)
200 g mung bean sprouts

PREPARATION

Step 1

Cut the chicken into thin slices and marinate in Kikkoman Teriyaki Marinade for at least 30 minutes.

Step 2

To make the broth dice the onion, fry until lightly browned in the ghee and pour on the meat stock. Add the spices and seasoning, cover and simmer for around 30 minutes. Adjust the flavour with fish sauce if necessary and sieve.

Step 3

While the broth is cooking put the rice noodles in a bowl, cover them with hot, slightly salted water and leave to soak for around 6 minutes. Chop the coriander, Thai basil and mint and cut the chili into thin rings. Cut the lime into eight wedges. Drain the marinated chicken. Add it to the broth and cook for 3 minutes.

Step 4

Drain the noodles in a sieve. Place the noodles and the mung bean sprouts into soup bowls or deep plates. Sprinkle the chopped herbs and chili rings on top. Then pour the boiling hot broth over the soup ingredients and add the chicken last. Garnish with lime wedges and serve.