

# NOODLE SOUP WITH CHICKEN, SHIITAKE AND PAK CHOI

2 persons / 538 kcal per serving

## Ingredients:

- 2 medium eggs
- 100 grams wok noodles
- 200 grams chicken thighs
- 1 cm fresh ginger
- 1 clove of garlic
- 400 grams Japanese wok with shiitake, pak, choy onion
- 750 ml tap water
- 1 vegetable stock tablets
- 2 tablespoons Japanese soy sauce
- 4 grams sesame seeds
- 20 grams cashew nuts
- pepper and salt



## Preparation:

Thinly slice the ginger and chop it into small pieces. Finely chop the garlic. Cut the chicken thighs into cubes. Coarsely chop the cashew nuts. Roast the sesame seeds lightly brown in a dry frying pan. Cook the noodles for 4 minutes. Boil the eggs for 6 minutes. Drain the noodles in a colander, rinse under cold running water and drain. Peel the eggs. Heat a wok add the chicken and fry for 3 minutes, add the ginger and garlic and fry over low heat for 2 minutes. Add the wok vegetables and cook for 3 minutes. Add the water, stock tablet and soy sauce and bring to a boil for 5 minutes. Add the noodles and heat on high heat for 2 more minutes. Divide the soup into large bowls. Halve the eggs and place 2 egg halves in each bowl. Sprinkle with the sesame seeds and cashew nuts and serve.

## Nutritional value per portion:

Energy:	538 kcal
Protein:	37.8 grams
Carbohydrates:	48.0 grams
- including sugars:	7.3 grams
Fat:	19.9 grams
Fiber:	5.0 grams
Salt:	2.2 grams