

Shredded chicken and lemongrass broth

Serves 2

Ingredients

*1 chicken breast on the bone
1 stick of soba noodles
1 red onion, finely sliced
A thumb-sized piece of fresh ginger, peeled and cut into thin strips
1 garlic clove, finely diced
1 stick of lemongrass, bashed
1 tsp light olive oil
600ml chicken or vegetable stock
Juice of 1 lime
1 tbsp tamari sauce
1 head of pak choi, sliced lengthways
2 spring onions, sliced on the diagonal
A handful of fresh coriander leaves, finely chopped, plus extra to garnish*



Method

- 1. Preheat the oven to 180C. Place the chicken breast on a baking sheet and cook for about 20 minutes.*
- 2. Cook noodles until tender then drain and rinse under cold water and set aside.*
- 3. Remove the chicken from the oven and leave to cool slightly before shredding off the bone (you can also use leftover chicken as a quicker option).*
- 4. Combine the onion, ginger, garlic, lemongrass, olive oil and a large splash of stock in a large pan and cook on a low heat for 5 minutes.*
- 5. Add the remaining stock and bring to the boil. Boil for 10 minutes, then turn down the heat to low and add the chicken, cook for another 2 minutes.*
- 6. Add the noodles along with the lime juice, tamari and pak choi cooking for 1 minute longer.*
- 7. Remove from the heat, take out the lemongrass and add spring onions and coriander.*

You can try serving with cooked prawns instead of chicken breast