



Super Speedy Chicken Noodle Bowl

Delight in the vibrant flavors of our Super Speedy Chicken Noodle Bowl—a comforting blend of tender chicken slices marinated in soy sauce, combined with aromatic Thai curry paste-infused coconut milk broth. This bowl brims with nutritious baby corn and broccoli. Garnished with fresh coriander, it offers a satisfying and nourishing meal that captivates the palate with every spoonful.

Nutritional Info

Calories: 435 kcal
Carbohydrates: 56 g
Protein: 30 g
Fat: 7g

Ingredients

- Chicken Fillet Whole
- Thai green curry paste
- Tenderstem broccoli
- Baby corn
- Fresh coriander
- Egg noodles
- Coconut Milk Can
- Chicken stock cube
- Soy sauce sachet
- White onion

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Soy(Soy Sauce)
Nuts(Curry Paste)
Peanuts(Curry Paste)
Egg(Noodles)
Wheat(Noodles)
Celery(Stock cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the Kettle

2) Prepare and Marinate the Chicken

Using a sharp knife, trim the chicken fillet and then cut into thin slices no more than half a centimetre in thickness. Transfer to a bowl and pour over a third of the soy sauce. Mix well and set aside.

3) Prepare the Vegetables & Stock

Chop the baby corn and broccoli into thirds. Peel the onion, cut in half, and slice thinly. Make the stock up to 200ml per person to use in the soup.

4) Start Cooking the Aromatics

Place a large non-stick saucepan on medium heat with a drizzle of oil. Once hot, add the onion and cook for 3-4 minutes or until softened and beginning to go golden. Add the thai curry paste and stir fry on low for 2-3 minutes to release the flavours.

5) Make the Soup Base

Add the coconut milk and chicken stock to the saucepan and mix well. Bring the soup base to the boil.

6) Cook the Rest of the Ingredients

First add the noodles to the soup, then add the vegetables. Use your fork or spatula to loosen the noodles a bit, then add the slices of chicken and any remaining soy sauce to the soup. Give it a stir, then cover the saucepan with a lid and bring to the boil. Turn it down to a simmer and cook for 4-5 minutes or until the noodles are cooked. Take a piece of the chicken out and test to make sure it's cooked through.

7) Garnish and serve

Serve the noodles in bowls and garnish with the fresh coriander. Enjoy!



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