Dinner

Aromatic Chicken Pho with Rice Noodles

Tender chicken simmers in a warmly spiced broth with broccoli, carrot ribbons, noodles and beansprouts, finished with fresh herbs, chilli and lime.



Nut free

50 min	241	30.6 g	10.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp rapeseed oil
- [ ] 1 onion, finely chopped
- [ ] 5 cm fresh ginger, finely chopped
- [ ] 4 cloves garlic, thinly sliced
- [ ] 2 star anise
- [ ] 5 cm stick cinnamon
- [ ] half tsp coriander seeds
- [ ] 1 bird's eye chilli, split and 4 to garnish
- [ ] 1 chicken breast, boneless and skinless
- [ ] 1 reduced-salt chicken stock cube in 600ml boiling water
- [ ] 1 head of broccoli, broken into florets
- [ ] 1 carrot, cut into ribbons with a vegetable peeler
- [ ] 300 g precooked rice noodles
- [ ] 300 g beansprouts
- [ ] 1 bunch spring onion, sliced
- [ ] 30 g fresh coriander, roughly chopped
- [ ] 1 lime to serve

Nutrition Facts

Per serving

Calories	241
Total fat	4 g
Saturated fat	0.5 g
Sodium	Not listed
Total carbs	30.6 g
Fiber	7.3 g
Total sugars	10.5 g
Protein	17 g

Method

- [ ] **1** Set a pan over the heat with the rapeseed oil and the chopped onion, giving them 4-5 minutes and an occasional stir until the onion is well browned.
- [ ] **2** Next into the pan go the fresh ginger and the sliced garlic, which need another 2-3 minutes of cooking.
- [ ] **3** Tumble in the star anise, stick cinnamon, coriander seeds and the split bird's eye chilli, then slip the chicken breast in among them. Give it all a good turn so that after 3-4 minutes the chicken breast is lightly browned and cloaked in the spices.
- [ ] **4** Pour the stock, mixed up from the reduced-salt chicken stock cube in 600ml boiling water, into the pan and stir it through. Wait for the boil, then drop the heat, clamp on a lid and leave everything to simmer gently for 15 minutes.
- [ ] **5** Fish the bird's eye chilli, the stick cinnamon and the star anise out and bin them, then lift the chicken breast onto a plate and keep it to one side.
- [ ] **6** Give the broccoli 5 minutes in the simmering broth, follow it with the carrot ribbons for 2 further minutes, then tip in the precooked rice noodles along with the beansprouts. Bring everything back to the boil and ladle it between 4 bowls.
- [ ] **7** Cut the rested chicken breast into slices and lay some over each bowl, scattering the sliced spring onion and the roughly chopped fresh coriander on top and adding a garnish bird's eye chilli plus a squeeze of the lime to each one.

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