

Chicken, Sweetcorn & Noodle Soup

Ingredients (Serves 4)

- 2 small chicken breasts (300g) cut into small pieces
- 2 tablespoon vegetable oil
- 2 red peppers, de-seeded and sliced into thin strips
- 4 spring onions, trimmed and cut into thin strips
- 2 litres hot chicken stock
- 250g dried rice vermicelli noodles
- 150g baby spinach leaves
- 1 large tin sweetcorn (drained)
- 1 x chopped red chilli (optional)
- Salt and freshly ground black pepper to taste

Method

1. Prepare the red peppers, spring onions and red chilli (if using) and set aside
2. Cut the chicken into bite-sized pieces
3. Heat the oil in a large saucepan, add the chicken and cook for 2-3 minutes, stirring until golden brown
4. Add the peppers and stir-fry (and chilli if using) for 1 minute then add the spring onions and stir-fry for 1 minute more
5. Stir in the stock, season with salt and freshly ground black pepper and bring up to the boil, reduce the heat slightly
6. Add the sweetcorn and noodles
7. Simmer for 4-8 minutes or until the noodles are just beginning to soften
8. Add the spinach and heat until just wilted
9. Serve straight away in warm bowls

Tips & Hints

- To freeze double the amount and cool at stage 7
- Defrost fully and heat thorough adding the spinach just before serving