

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Filipino Noodle Soup (chicken or tofu)



Ingredients Serves 4-6

600ml coconut milk
2-3 tbsp Thai red curry paste
1 tsp turmeric powder
450g chicken thighs, boned and cut into
bitesize chunks or (**V** use firm tofu)
600ml chicken or vegetable stock
4 tbsp fish sauce (eg Thai)

1 tbsp dark soy sauce
Juice of ½-1 lime
450g fresh egg noodles, blanched
briefly in boiling water
Salt and black pepper

Garnish

2 spring onions, finely sliced
2-3 fresh red chillies, finely sliced
Fresh coriander

Method

Pour 200ml of the coconut milk into a large pan or wok. Bring to the boil over a medium heat, stirring frequently with a wooden spoon until the milk separates. Add the curry paste and the turmeric, stir to mix completely and cook until the mixture is fragrant. Add the chunks of chicken or tofu and toss over the heat for about 2 minutes making sure they are completely covered with the paste. Add the remaining coconut milk, the chicken stock, fish sauce and soy sauce. Bring to a simmer stirring gently then lower the heat and cook for 7-10 minutes or until the chicken is cooked throughout. Remove from the heat. Stir in the lime juice, salt and pepper to taste.

Reheat the egg noodles, in boiling water, drain and then add to 4-6 warmed bowls. Divide the chicken or tofu among the bowls and ladle in the hot soup. Garnish with the spring onion, chillies and fresh coriander.

Serve immediately.

Per person (4 portions with chicken) Kcal 661, Fat 52.4g, Carbs 21.3g, Protein 35.7g
(6 portions with chicken) Kcal 440, Fat 34.9g, Carbs 14.2g, Protein 23.8g

Per person (4 portions with tofu) Kcal 581, Fat 47.8g, Carbs 26.1g, Protein 19.9g
(6 portions with tofu) Kcal 387, Fat 31.8g, Carbs 17.4g, Protein 13.2g