

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Cheats' Chicken Pho

ready in under 25 minutes!



Ingredients – serves 4 people

1 pkt thin rice noodles (250gm approx.)
400 gm chicken breast (sliced thinly
against the grain)
2 Tbsp cooking oil
salt & pepper to taste

soup ingredients

1 ltr water (boiling)
1 chicken stock cube
4 Tbsp fish sauce
1 Tbsp white sugar
1 inch ginger (washed, peeled & grated finely)

1 spring onion (washed, drained & sliced
thinly)
2 red chilli (washed, drained & sliced
thinly)
toppings

1 cup beansprouts (washed & drained)
½ cup mint leaves (washed & drained)
½ cup coriander leaves (washed & drained)
½ cup basil leaves (washed & drained)
1 lime (washed, drained and cut into ¼)

Method

Cook the rice noodles as per packet instructions, drain and set aside in 4 serving bowls.
Place chicken strips into a ziplock bag, add the oil and salt & pepper. Shake the bag vigorously and then massage the chicken to ensure the strips are evenly coated. Set aside.

Add the stock cube to the boiling water and whisk until fully dissolved then reduce heat to low.
Add the chilli pepper, spring onion and ginger and leave to infuse.

Pre-heat a frying pan/ skillet on a high heat.

Add enough chicken strips to cover the base of the pan and toss two or three times to separate the strips.
Allow to cook until golden brown and then toss the pan to turn the strips over – use a fork or spoon to turn any unturned pieces. Once cooked through (approx. 1 more minute) tip out the cooked chicken and divide between the serving bowls.

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Repeat the above steps until all chicken is cooked.

Divide the hot broth between the serving bowls.

Add equal amounts of bean sprouts, mint, coriander and basil to each bowl and serve.

Serve with lime wedges on the side.

Notes from the chef:

If you have chicken stock (homemade or store bought) this may be used.

Fish sauce gives the pho a truly authentic Vietnamese flavour but may be omitted and soy sauce used instead.

Shrimps or beef may be used instead of chicken – simply change the stock base to vegetable for shrimp and beef for beef!

If you can find Thai hot basil for the garnish then this adds a more authentic flavour.

The chicken may be marinated in advance.

Choose the chilli peppers to suit your preference of spice level – removing the seeds from the chilli will lessen the heat.

Tbsp - tablespoon

Tsp - teaspoon