

Thai Chicken Soup



Preparation time : **10 min**
Cooking time : **1 h 30 min**




Ingredients

1 x 2kg free range or organic chicken
200g tamarind*, broken up
1 piece ginger, sliced
2 red chillies, de-seeded, 1 chopped and 1 finely sliced
1 red onion, sliced
2 lemongrass sticks, bashed, bruised and roughly chopped
1 bulb garlic, cut in half
1 large bunch fresh coriander
1 x 400 mL can coconut milk
225g rice noodles
Thai fish sauce*
Soy sauce
Drizzle of olive oil

*found in Asian markets

1. Place the chicken in a large Tefal saucepan, and add the tamarind, ginger, chopped chilli, onion, lemongrass and garlic.
2. Finely slice the coriander stalks and add to the pan, keeping the leaves till later.
3. Cover with water to the top and weight the chicken down with a heavy lid or a smaller pan that fits inside the cooking pan. Bring to the boil and slowly simmer for 1 hour to 1½ hours. Once cooked, remove the chicken and pull off the meat using a fork.
4. Mash up the sauce and add the coconut milk and a lug of fish sauce.
5. Put the rice noodles in a bowl, pour boiling water over and leave to stand for 3 minutes.
6. Mix the coriander leaves with the finely sliced chilli.
7. Drain the noodles, place some in the bottom of each serving bowl, and dress with soy sauce to season. Pile the chicken on top, and then pour the strained sauce over. Pile the chilli and coriander mix on top and drizzle with olive oil.

 ***This soup is very fresh with lots of flavours, and is like a detox. You have to slurp it to enjoy all the flavours!***

Jamie O
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