Chicken, Mushroom and Egg-Ribbon Noodle Soup

About 10 cups (2.4 liters); 4 servings with bread · Active 25 min · Total 55 min

Skills: Confident beginner

Ingredients

- 2 teaspoons neutral cooking oil (10 ml)
- 1 small onion, finely diced (100 g)
- 9 oz mushrooms, thinly sliced (250 g)
- 1 tablespoon finely grated fresh ginger (10 g)
- 5 cups low-sodium chicken stock (1.2 liters)
- 2 medium carrots, cut into thin matchsticks (150 g)
- 14 oz boneless skinless chicken breast, cut into 1/2-inch (1 cm) pieces (400 g)
- 5 oz thin dried wheat egg noodles, broken into short lengths (140 g)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 1 tablespoon cornstarch (8 g)
- 2 tablespoons cold water (30 ml)
- 3 large eggs, thoroughly beaten
- 1 teaspoon toasted sesame oil (5 ml)
- 2 green onions, thinly sliced (25 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4 slices whole-wheat bread (160 g total), to serve

Set out

4-quart (4-liter) saucepan, Small bowl and fork, Instant-read thermometer, Wide-mouth insulated food flask for carrying

Allergens

Egg, Wheat, Soy, Sesame; check stock and bread for additional allergens. Check labels and substitutions.

Make it

1. Heat the cooking oil in the saucepan over medium-high heat. Add the onion and mushrooms and cook for 8–10 minutes, stirring, until softened and their released liquid has mostly evaporated. Stir in the ginger for 30 seconds.

2. Pour in the stock and add the carrot. Bring to a boil, then reduce to a steady simmer. Add the chicken and simmer for 5 minutes.

3. Add the short noodles and soy sauce. Simmer for 4–6 minutes, or the noodle packet time, until the noodles are tender and the thickest chicken pieces reach 165°F/74°C. Add a little boiling water if the noodles absorb too much broth.

4. Mix the cornstarch with the cold water until smooth. Stir it into the simmering soup and cook for 1 minute until the broth thickens slightly.

5. Reduce to a gentle simmer. Drizzle in the beaten egg in a thin stream while slowly drawing a spoon through the broth in one direction. Simmer for 2–3 minutes until the egg ribbons are fully set and the whole soup reaches 165°F/74°C.

6. Remove from the heat and stir in the sesame oil, green onion and pepper. Serve with one bread slice per person. For hot carrying, transfer the soup immediately to a preheated suitable flask and maintain 140°F/60°C or above until eating; pack bread separately.

Separate soup from bread

Keep the bread in its own clean wrapper or container. It stays useful for the meal instead of soaking in condensation from the flask lid.

A useful detail

Use thin wheat egg noodles with a short simmering time. If yours require longer, start them earlier according to their packet so the chicken is not kept boiling while waiting for the noodles.

Keep it well

Divide into shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days, or freeze for 2 months; the noodles and egg will soften. Thaw in the refrigerator. Reheat while stirring to 165°F/74°C, adding water to loosen. For cold transport, use an insulated bag with two cold sources and refrigerate on arrival. Carry hot only with verified safe hot holding.