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Spicy Asian Chicken and Noodle Soup



Photo: John Autry; Styling: Cindy Barr

This broth packs a lot of flavor in just a little time. If you don't have the Sriracha on hand, thin slices of jalapeño pepper make a good substitute.

★★★★★ Outstanding

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Yield: Serves 4

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Nutritional Information

Amount per serving

Calories: 197

Fat: 2.1g

Saturated fat: 0.5g

Monounsaturated fat: 0.8g

Polyunsaturated fat: 0.3g

Protein: 19.9g

Carbohydrate: 23.5g

Fiber: 2.7g

Cholesterol: 47mg

Iron: 2.1mg

Sodium: 635mg

Calcium: 53mg

[Nutrition Guidelines for Healthy Living](#)

Ingredients

- 3 cups fat-free, lower-sodium chicken broth
- 1 1/2 cups water
- 1 1/2 cups shredded rotisserie chicken breast
- 1/2 cup grated carrot (about 1 medium)
- 1/2 cup thinly sliced snow peas
- 2 teaspoons Sriracha (hot chile sauce, such as Huy Fong)
- 2 teaspoons lower-sodium soy sauce
- 1 1/2 teaspoons Thai red curry paste
- 1 (2-inch) piece peeled fresh ginger
- 6 cups water
- 3 ounces uncooked wide rice sticks (rice-flour noodles)
- 1 tablespoon fresh lime juice
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh cilantro
- 1/4 cup thinly sliced green onions

Preparation

1. Bring first 9 ingredients to a simmer in a medium saucepan; keep warm.
2. Bring 6 cups water to a boil in a large saucepan. Add rice noodles; cook 3 minutes. Drain. Place about 1/4 cup rice noodles in each of 4 bowls.
3. Discard ginger. Add juice to broth mixture; stir. Ladle 1 1/3 cups broth mixture over each serving; top with 1 tablespoon each mint, cilantro, and green onions.

Ivy Manning, **Cooking Light**
SEPTEMBER 2011

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3 Reviews

rgskoglund

Very good. The fresh lime, cilantro, mint and green onions are a perfect match w/ the spice in the soup. Great meal.

Outstanding 09/24/11

sunshy321

Wonderful, bright flavors. I gave it 4 stars because I made quite a few changes to save money: made my own shredded chx, opted for dry ginger, subbed chili paste for curry paste. I also omitted the fresh cilantro & mint. Sounds like I made different recipe entirely, but I bet it is fairly similar to the original. Regardless, will make again - great for a rainy day.

Worthy of a special occasion 09/06/11

Brigit

Deliscious and EASY. My kids LOVED it- my 6 yr old, super picky eater that makes dinner a battle, LOVED it- went back for more 4 times! I reserved the cilantro and onions for mine only, the kids opted out of that, but it made it less spicy for them and allowed me to make it to my liking too! (I was out of lime juice, but it was great witout it!)

Outstanding 08/28/11

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COURSE: Soups/Stews | CONVENIENCE: Family | CUISINE: Asian | MAIN INGREDIENT: Poultry

DIETARY CONSIDERATION: Low Fat, Low Saturated Fat | OCCASION: Autumn | PUBLICATION: Cooking Light

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