



GLOBAL PRINCIPAL PARTNER

**Nutritious Recipes
brought to you by
AIA and School of Wok**

CHICKEN PHO





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Chicken Pho Recipe

NUTRITIONAL BENEFITS

- ✓ Rich in protein, essential for your body to build and repair tissue
- ✓ High in collagen, promoting bone strength and healthy skin
- ✓ High in iron, for improving energy levels
- ✓ Rich in manganese, boosting the body's metabolism

Ingredients (serves 4 generously)

1.25 L cold water
4 chicken thighs with bones and skin
1 large onion, quartered
4 cloves of garlic
2 sticks of lemongrass, bruised

Spices
2 tsp coriander seeds
2 cardamom pods
2 star anise
2-4 inch piece of cinnamon bark
2 tbsp rock sugar / honey
2-4 inches ginger, sliced
4-5 tbsp fish sauce

Preparation

1. Toast the spices in a frying pan to release their flavour.
2. Add a small amount of oil to the frying pan and fry the chicken until brown.
3. Put all the ingredients above into a large pan with water.
4. Bring to a boil and boil for 2-3 minutes, then simmer for 45 minutes.

Stock

1. After 45 minutes remove chicken from stock. Taste, and add more fish sauce for that perfect balance.
2. When the chicken is cool enough to handle, remove skin and bones.
3. Slice chicken into strips and cover to keep chicken moist. Strain, continue to simmer for another 30 minutes.

To Finish

125g rice noodles
Large hand full of bean sprouts, blanched in hot water & drained
2 spring onions, finely sliced
Handful of mint, coriander, saw tooth or Thai basil
4 lime wedges
Fresh chillies, finely sliced

To Serve – one portion

1. Cover the rice noodles in boiling water, and leave for 10 minutes. Drain, and then leave to dry and set aside.
2. In a bowl, place a handful of noodles in the bottom, then add a few slices of chicken and pour over a large ladleful of stock.
3. Garnish as you wish with the spring onion, herbs, sliced chillies and a squeeze of lime.
4. Season with more fish sauce, and freshly ground pepper if required and coriander.

TIP: Top your Pho with more fresh vegetables and herbs to increase fibre content, which is beneficial to digestive health. Add a squeeze of lime for a Vitamin C boost.