

Lemongrass Noodle Bowl with Poached Chicken

U.S.

Metric

For Nuoc Mam:

3 cloves	Garlic, minced	9 g
2 Tbsp	Sugar	30 g
1 Tbsp	White Vinegar	15 mL
1 Tbsp	Rice Vinegar	15 mL
1 Tbsp	Lime Juice	15 mL
1 Tbsp	Sambal Chili Sauce	15 mL
1 Tbsp	Water	15 mL
1 tsp	Fish Sauce	5 mL

For Broth:

8 cups	Vegetable or Chicken Stock	1185 mL
1 Tbsp	Ginger Root, peeled, grated	15 g
1 stalk	Lemongrass, smashed, cut into thirds	1 stalk
3 cloves	Garlic, minced	9 g
1 Tbsp	Fish Sauce	15 mL
2-5 each	Cilantro Stems (reserve leaves)	2 - 5 each

For the Dish:

8 oz	Chicken Breast, skinless, boneless, trimmed	226 g
8 oz	Rice Noodles	226 g
1/3 cup	Carrot, grated (about 1 small carrot)	38 g
4 cups	Bok Choy, broccoli, or other hearty green, chopped	170 g
1 each	Lime, cut into wedges	1 each
1/4 cup	Fresh Cilantro Leaves (about 1/2 bunch)	20 g
1 cup	Bean Sprouts	113 g

Preparation:

For the nuoc mam:

1. Add all nuoc mam ingredients to a blender and puree until smooth.

For the remainder of the dish:

1. Gather all ingredients and equipment.
2. For the broth, add all ingredients for it into a medium pot and place over medium-high heat. Bring to a boil and then reduce heat to continue simmering for 10 minutes. Taste broth to assure it is flavorful. While the broth is simmering, prepare the chicken and vegetables.
3. When the broth is flavorful bring to poaching temperature (160-180°F / 71 - 82 °C), add the chicken breast, and cook it until the internal temperature is 165°F. If necessary, add water or stock to the pot so that the chicken is completely submerged when cooking. Do not boil the chicken!
4. Once chicken is cooked, remove it from the pot, dice it and reserve for later.
5. Strain the broth and reserve the liquid. Pour the strained liquid back in to the pot and bring to a boil.
6. When the liquid is boiling add the rice noodles. Boil for 2 minutes then add the broccoli and cook for 1 additional minute. Remove from the heat.
7. When the soba noodles have cooked, add nuoc mam, shredded carrots, and chicken. Serve immediately. Garnish with lime wedges, cilantro, and bean sprouts.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1/4 of the recipe**

Amount per serving

Calories **340**

Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	520 mg
Total Carbohydrate	61 g
Dietary Fiber	4 g
Total Sugars	10 g
Includes 6g Added Sugars	
Protein	16 g
Vitamin D	0 %
Calcium	0 %
Iron	3 %
Potassium	93 mg
Phosphorus	95 mg
