



Lemongrass Noodle Bowl with Poached Chicken

U.S.

Metric

For Broth:

8 cups	Vegetable 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 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	Lemon Juice	15 mL
1 tbsp	Sambal Chili Sauce	15 mL
1 tbsp	Water	15 mL
1 tsp	Fish Sauce	5 mL

For the Dish:

8 oz	Chicken Breast, skinless, boneless, trimmed	226 g
8 oz	Buckwheat Soba Noodles	226 g
1/3 cup	Carrot, grated	38 g
4 each	Bok Choy, broccoli, or other hearty green, chopped	170 g
1 each	Lime, wedges	1 each
1/3 cup	Fresh Cilantro Leaves	20 g
1 cup	Bean Sprouts	113 g

Preparation:

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.
3. While the broth is simmering, prepare the remaining vegetables.
4. Once the broth has reached poaching temperature (160-180°F / 71 - 82 °C), add the chicken breast and completely cook it until 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!
5. Once chicken is cooked, remove it from the pot, dice it and reserve for later.
6. Strain the broth and reserve the liquid. Pour the strained liquid back in to the pot.
7. Bring the strained liquid back up to a boil.
8. When the liquid is boiling add the bok choy and soba noodles. Boil for 3 minutes then remove from the heat. (Soba noodles cook quickly!)
9. When the soba noodles have cooked, add nuoc mam, shredded carrots, and chicken. Serve immediately. Garnish with lime wedges, cilantro, and bean sprouts.

For the nuoc mam:

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

****Nutrition Facts on Reverse**

Nutrition Facts

Serving size	6-8oz
Servings	4
Calories	348
Calories	35
Total Fat	4 g
Saturated	0 g
Trans Fat	0 g
Monounsatu	0 g
Cholesterol	0 mg
Sodium	284 mg
Carbohydra	61 g
Dietary Fiber	6 g
Sugars	13 g
Protein	19 g
Vitamin A	178 %
Calcium	2 %
Vitamin C	14 %
Iron	36 %
Phosphorus	32 mg
