

Low FODMAP Chicken Ramen Noodle Soup

Serves: 2

Prep: 15 minutes

Cook: 45 minutes



Stack Cup

Ingredients	Metric	Imperial
2 small chicken breast fillets	350 g	12 oz
2 tsp garlic infused olive oil	10 g	0.35 oz
2 tsp sesame oil	10 g	0.35 oz
2 tsp fresh ginger, minced	10 g	0.35 oz
2 tbsp soy sauce	40 g	1.5 oz
1.5 tbsp rice wine vinegar	30 g	1.0 oz
2 tsp white sugar	10 g	0.35 oz
4 cups low FODMAP chicken stock	1000 g	34 oz
1 bunch bok choy, separated into pieces	80 g	2.8 oz
2 large eggs		
1/2 cup green spring onion tops, finely chopped		
Dry rice noodles or soba noodles	100 g	3.5 oz
Salt and pepper, to taste		

Method

1. Preheat oven to 180°C (375°F). Season the chicken generously with salt and pepper. Add garlic infused olive oil to a large, oven-safe pan over medium heat. Add the chicken and cook ~5 mins on each side until golden brown. Transfer the pan to the oven and roast for 15-20 minutes, until the chicken is cooked through. Remove from the oven, transfer the chicken to a plate and cover with foil until ready to serve.
2. Meanwhile, heat the sesame oil in a large pot over medium heat, until shimmering. Add the ginger, and cook for a few minutes until softened. Add the soy sauce, rice wine vinegar and sugar and stir to combine. Cook for another minute. Add the stock, cover, and bring to boil. Remove the lid, and let simmer uncovered for 5 minutes, then add the bok choy. Simmer gently for another few minutes (until bok choy is wilted), and season with salt, to taste.
3. To make the soft-boiled eggs, fill a pot with enough water to cover the eggs, and bring to a boil. Gently lower the eggs into the boiling water, and let simmer for ~ 8 mins.
4. When cooked, use a slotted spoon to remove eggs from pot (keep water to cook noodles) into a bowl of cold water to stop the cooking process. When eggs are cool enough to handle, carefully peel away the shell and slice in half, lengthwise. Set aside until ready to serve.
5. Slice the chicken into thin pieces. Set aside. When the eggs finish cooking, add the noodles to the boiling water. Cook for 2-3 minutes, until soft, then divide the noodles into two large bowls. Add the sliced chicken and the ramen broth. Top with the sliced spring onion tops and soft boiled egg. Serve immediately.

Hints

- For a more intensely flavoured ramen broth, add 1-2 tbsp of miso paste (to taste)
- For a vegetarian option, chicken can be substituted for firm tofu (cooked to your liking)
- Additional low FODMAP vegetables can be added to boost the fibre content of this meal (see the Monash FODMAP App for serving size guidance)

Nutrition Information (per serve)	
Energy	2427 Kj / 580 cal
Protein	54.50g
Carbohydrates	46.00g
Sugar	8.00g
Total Fat	18.50g
Saturated Fat	4.00g
Fibre	2.50g