

AJP Pot Noodle

by Healing Family Eats
Serves 2-3

2 tbsp coconut aminos
1+1/2 tsp fish sauce
2 tbsp lime juice
2 large cloves garlic, minced
1 inch piece fresh ginger, grated
1 zucchini - spiralised
2 salad onions, sliced on diagonal
2 large French (or other) radishes, thinly sliced
1 carrot, peeled and cut into julienne slices
handful leftover meat, such as roast chicken,
shredded
700 ml chicken bone broth (3 cups)
1 cup chopped cilantro



Mix the first five ingredients in a large bowl. Add the vegetables and chicken, and toss well to coat.

Transfer to 2-3 large jars or containers and cover with a well fitting lid. Refrigerate for until needed, up to three days.

Heat the broth in a medium pan and put into a flask to keep hot.

When you want to eat, pour the broth over the soup ingredients and allow to stand for 5 minutes or until the zucchini has softened and the chicken pieces are hot. Stir in the cilantro and eat immediately.