

Chicken Noodles

Ingredients

1 nest of standard thin quick egg noodles
30g of cooked chicken
3-4 spring onions
½ tsp fennel seeds
100ml passata
3-4 basil leaves
Hot water

Method

1. Add noodles to heatproof pot then add spring onions, ½ tsp fennel seeds, passata, and basil .
2. Add hot water then and leave to stand for 6-7 mins.



Halton and St Helens
Community Health Services