

# 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