FILIPINO · LUNCH · DINNER

Chicken Tinola (Filipino Ginger Chicken Soup)

65 min · Serves 5 · 325 kcal a serve · Video 8:54 · Panlasang Pinoy

No dairy listed · No nuts listed

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A clear ginger broth with chicken, chayote and leafy greens and no coconut milk or cream: about 27 g of protein a serve, and rich in selenium, vitamin B6 and vitamin K.

Diet notes: Low carb (5.7 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil; Gluten-free with a swap: Check that the fish sauce and stock cube are gluten-free.

Ingredients 12 · SERVES 5

- [ ] 2 lbs **chicken**, cut into serving pieces (bone-in, skin on)
- [ ] 1 cup malunggay (moringa) leaves
- [ ] 1 cup **hot pepper leaves**
- [ ] ⅛ tsp **ground black pepper**
- [ ] 1 **chayote** (or small unripe papaya), cut into wedges
- [ ] 6 cups **water**
- [ ] 1 **chicken stock cube**
- [ ] 1 medium **yellow onion**, sliced
- [ ] 4 cloves **garlic**, crushed and chopped
- [ ] 3 thumbs **ginger**, julienned
- [ ] 2 tbsp **fish sauce** (patis)
- [ ] 3 tbsp **vegetable oil**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pot and sauté the garlic, onion and ginger, then add the black pepper. 1:28
2. When the onion softens, add the chicken pieces and cook for about 5 minutes, turning, until lightly browned. 3:12
3. Pour in the water and bring to a boil, then cover, lower the heat and simmer for 40 minutes. Skim off the scum and oil that rise to the top. 4:18
4. Add the stock cube and the chayote or green papaya, stir, cover and cook for 5 minutes. 6:13
5. Add the malunggay and hot pepper leaves, stir in the fish sauce and cook for 2 minutes more. Serve hot with rice. 7:12

> **Tip** Use skinless chicken pieces and half the stock cube to cut fat and salt. Spinach or bok choy can stand in for the malunggay and hot pepper leaves.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
325 kcal 1,360 kJ	27 g 54% of a day	7 g 5.7 g net · 2.7 g sugars 3% of a day

FIBRE	FAT	SODIUM
1.3 g 5% of a day	21 g 4.2 g saturated 27% of a day	1,040 mg 45% of a day

Energy from net carbs 7% · protein 34% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 53% · Selenium 42% · Vitamin K 40% · Vitamin B6 33%

Source of (10–19%) Zinc 19% · Vitamin C 14% · Magnesium 13% · Vitamin E 13% · Vitamin B12 13% · Potassium 10% · Iron 10% · Folate 10%

Recipe and video: Panlasang Pinoy (@panlasangpinoy) on YouTube — youtube.com/watch?v=pEMMBceYyMw, published 16 January 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-tinola-ginger-soup