VIETNAMESE · LUNCH · DINNER

Pho Ga (Vietnamese Chicken Noodle Soup)

90 min · Serves 6 · 401 kcal a serve · Video 6:19 · Helen's Recipes (Vietnamese Food)

No dairy listed · No nuts listed

A clear broth from a whole chicken and charred ginger, shallot and spices, with shredded chicken, rice noodles and plenty of fresh herbs: about 25 g of protein and half a day's selenium a bowl, with only about 6 g of fat.

Diet notes: Low saturated fat (1.4 g, 3% of the energy); Gluten-free with a swap: Rice noodles are gluten-free; check the stock powder, and use only gluten-free hoisin if you add it at the table.

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Ingredients 20 · SERVES 6

- [ ] **Chicken breast**: 1 whole soup or free-range chicken, about 2.5 lb: white meat, shredded
- [ ] **Chicken thigh**: dark meat from the same chicken, shredded
- [ ] 4¼ quarts **water** (reduces as it simmers)
- [ ] 1 tbsp **salt** for the broth, adjusted to taste
- [ ] 1 tsp **chicken stock powder**
- [ ] 1 tbsp **sugar or rock sugar**
- [ ] 1 medium **yellow onion**, peeled, simmered whole in the broth
- [ ] 1 **spring onion**, stuffed into the cavity
- [ ] 2 slices **ginger** for the cavity, plus a double-thumb knob, charred
- [ ] 3 **shallots**, charred
- [ ] 6 **coriander roots** (or 1 tbsp coriander seeds), charred
- [ ] 1 **cinnamon** stick (optional)
- [ ] 2 **star anise** (optional)
- [ ] 1 lb **dried flat rice noodles** (banh pho), cooked
- [ ] 5 **lime leaves**, rolled and finely shredded
- [ ] 1 **yellow onion**, sliced paper-thin and soaked in cold water
- [ ] 1 bunch (3½ oz) **spring onions**, greens chopped, whites smashed and blanched
- [ ] **Basil**: a handful each of Asian basil and sawtooth herb (about 1 oz), to serve
- [ ] about 5 oz **blanched bean sprouts**, to serve (optional)
- [ ] 1 **lime**, cut in wedges, to serve

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

Allergens found in the listed ingredients: Gluten. 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. Rub the chicken with salt, rinse well and stuff the cavity with a spring onion and two ginger slices. Put it in a pot with 4¼ quarts of water, a tablespoon of salt, a teaspoon of stock powder and a whole peeled onion. 0:39
2. Bring to a boil, skimming off the foam constantly so the broth stays clear, then simmer on medium for 30–60 minutes, until a chopstick pushed into the meat brings out no pink juices. 1:13
3. Char the ginger knob, shallots, cinnamon, star anise and coriander roots over a flame or under a grill, scrape off the burnt bits, tie them in cheesecloth and add to the pot for the last 30 minutes only. 2:21
4. Lift out the chicken, rinse under cold water, cool and pull the meat from the bones. Taste the broth and season with the sugar and more salt only if needed. 4:04
5. Cook the noodles per the packet, then rinse in cold and then hot water so they stay separate. Shred the lime leaves, soak the thin onion slices in cold water and chop the spring onion greens. 3:22
6. Fill bowls with noodles, chicken, lime leaves, onion and spring onion, then ladle over the boiling broth. Serve with herbs, bean sprouts and lime. 5:13

> **Tip** Season the broth at the end: the cook's salt amounts are only a guide. Add fish sauce, sriracha or hoisin at the table if you like. Leftover broth freezes well; keep noodles and chicken separate.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
401 kcal 1,680 kJ	**26 g** 51% of a day	**61 g** 56 g net · 6.8 g sugars 22% of a day
FIBRE	**FAT**	**SODIUM**
4.7 g 17% of a day	**5.8 g** 1.4 g saturated 7% of a day	**1,460 mg** 64% of a day

Energy from net carbs 59% · protein 27% · fat 14%

High in (20%+ of a day) Vitamin K 63% · Selenium 50% · Vitamin B6 32%

Source of (10–19%) Zinc 19% · Vitamin C 16% · Vitamin B12 14% · Folate 13% · Iron 12% · Magnesium 12% · Potassium 10%

⚠ One serve has about 64% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Helen's Recipes (Vietnamese Food) (@HelenRecipes) on YouTube — youtube.com/watch?v=36E3XXqab40, published 27 April 2013. 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/pho-ga-vietnamese-chicken-noodle-soup