INDONESIAN · LUNCH · DINNER

Soto Ayam (Indonesian Turmeric Chicken Soup)

90 min · Serves 5 · 368 kcal a serve · Video 9:07 · Novi's Bali Kitchen

Gluten-free ingredients · No dairy listed

A turmeric broth full of fresh aromatics, with poached chicken, egg and crunchy vegetables: about 26 g of protein, half a day's selenium and a quarter of a day's vitamin C a bowl. Skipping the deep-frying keeps it light.

Diet notes: Low saturated fat (2.5 g, 6% of the energy).

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Ingredients 27 · SERVES 5

- [ ] 1 whole **bone-in chicken breast**, skin removed, simmered then shredded
- [ ] 6⅓ cups **chicken stock**
- [ ] 11 **shallots** (3 oz)
- [ ] 11 cloves **garlic** (1½ oz)
- [ ] ¾ inch (¼ oz) **fresh turmeric**
- [ ] 3 **candlenuts**
- [ ] ½ tbsp **coriander seeds**
- [ ] 1 tsp **white peppercorns**
- [ ] 1¼ inch (½ oz) **galangal**, crushed
- [ ] ¾ inch (½ oz) **ginger**, crushed
- [ ] 3 **salam leaves**
- [ ] 3 **makrut lime leaves**
- [ ] 2 stalks **lemongrass**, crushed
- [ ] 3 tbsp **vegetable oil**
- [ ] ½ tsp **salt** for the broth, plus a pinch for the sambal
- [ ] ¼ cup **water** (for blending)
- [ ] 6 small **hot chillies** (for the sambal)
- [ ] 1 clove **garlic** (for the sambal)
- [ ] about 4 oz **dry rice noodles**, cooked
- [ ] 3 **hard-boiled eggs**, halved
- [ ] about 1 cup **cabbage**, very finely shredded (3½ oz)
- [ ] about 1 cup **bean sprouts** (3½ oz)
- [ ] 1 **tomato**, sliced
- [ ] a small handful of **celery leaves** (about ¼ oz), chopped
- [ ] 2 **spring onions**, sliced
- [ ] 1 **lime**, cut in wedges, to serve
- [ ] a pinch of **fried shallots** per bowl, to serve (optional)

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

Allergens found in the listed ingredients: Egg, Tree nuts, Celery. 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. Blend the shallots, garlic, turmeric, candlenuts, white peppercorns and coriander seeds with ¼ cup water into a smooth yellow paste. 1:23
2. Heat the oil over medium heat and fry the paste for a minute. Add the crushed galangal, ginger and lemongrass with the lime and salam leaves and stir another minute until fragrant. 2:10
3. Pour in the stock, add the chicken and bring to a boil, then simmer on medium-low for 45–60 minutes until cooked. Lift out the chicken, add ½ tsp salt to the broth and boil one more minute. 3:20
4. Shred the chicken with a fork or your fingers (the cook deep-fries it first for extra flavour, but says that is optional). Finely slice the cabbage, spring onion and celery leaves, slice the tomato and halve the eggs. 3:52
5. For the sambal, boil the chillies and garlic in a cup of water with a pinch of salt for 3 minutes, drain and blend with 2 tbsp of the soup. 6:05
6. Put noodles, chicken, cabbage, bean sprouts, spring onion, celery leaves, tomato, egg and a pinch of fried shallots in each bowl, ladle over the hot broth and serve with lime and the sambal on the side. 7:01

> **Tip** Make the broth a day ahead and keep the toppings separate. Fried shallots carry oil, so use just a pinch. Serves 4–6 according to the cook.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
368 kcal	**27 g**	**31 g**
1,540 kJ	53% of a day	28 g net · 5.5 g sugars
		11% of a day

FIBRE	FAT	SODIUM
3.5 g	**16 g**	**1,070 mg**
13% of a day	2.5 g saturated	46% of a day
	20% of a day	

Energy from net carbs 31% · protein 30% · fat 39%

High in (20%+ of a day) Selenium 56% · Omega-3 50% · Vitamin B6 39% · Vitamin K 34% · Vitamin C 26% · Vitamin B12 22%

Source of (10–19%) Iron 16% · Zinc 15% · Vitamin E 15% · Folate 15% · Magnesium 14% · Potassium 13%

Recipe and video: Novi's Bali Kitchen (@novibalikitchen) on YouTube — youtube.com/watch?v=0FoKBQQ0UHA, published 7 January 2022. 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/soto-ayam-indonesian-chicken-soup