



Hot and Sour Chicken Soup (H)

Serving: 1

Non Veg

Ingredients

- -100 chicken breast, cut into small pieces
- -2 tbsp thinly chopped mushroom
- -1 tbsp bamboo shoots (optional)
- -4 tbsp shredded cabbage
- -3 tbsp shredded carrot
- -2 tbsp spring onion greens
- -1. 5 cups chicken stock
- -2 tsp soya sauce
- -1 tsp vinegar or lemon juice
- -1 tsp black pepper powder
- -2 tsp cornflour
- -1 egg, lightly beaten
- -1 tsp sesame oil or any cooking oil
- -1 tsp red chilli powder
- -Salt to taste

Preparation Method

- 1. Heat oil in a non-stick pan over high heat and add the chicken pieces and mix well, cook on medium flame for 10 to 12 minutes.
- 2. Add the mushrooms, bamboo shoots, cabbage and carrot and saute for 1 minute.
- 3. Add the stock and cook till 2-3 boils. Add soya sauce, vinegar/ lemon juice, pepper, spring onion greens and mix well.
- 4. Combine cornflour with $\frac{1}{2}$ cup water, add this mixture to the soup, stirring continuously, bring to a boil.
- 5. Gradually pour a lightly beaten egg, stirring the soup continuously with a fork to get shreds of egg.
- 6. Taste the salt and add salt if required and pepper powder, mix well.
- 7. Heat the sesame oil in a small pan, remove from flame and add chilli powder and to the soup.
- 8. Cover soup immediately for 2-3 minutes. Serve hot.