**Ladakhi Chicken Thukpa**

Prep time: 20 min Cook time: 40 min

**Ingredients:**

* 250 gms boneless chicken breast cubes
* 4 cups chicken broth (can be made with powdered chicken stock)
* 1 onion chopped
* 1 carrot peeled and chopped
* 2 tbsp ginger peeled and chopped
* 5 spring onions chopped
* 1 tsp garlic crushed
* ½ lemon
* 1 cup water
* 1 tsp honey
* 1 tsp soy sauce
* Handful of noodles
* 2 tbsp extra light olive oil
* Low sodium salt & pepper, to taste

**Instructions:**

1. Heat olive oil in a pan over medium heat. Add the chicken and fry until it turns golden brown.
2. Add the chopped onion, carrot, ginger, garlic, and spring onions to the pan.
3. Season with salt and pepper, and sauté until the vegetables soften.
4. Pour in water and let it simmer for 4-5 minutes.
5. Add the juice of ½ lemon, soy sauce, and honey.
6. Cover the pot and let it simmer for another 10 minutes.
7. Remove the pot from heat and allow the broth to cool slightly. Then, remove the chicken, shred it, and set it aside.
8. Add the noodles to the broth and cook for 5 minutes. Then, add the shredded chicken back into the pot and cook for an additional 2 minutes.
9. Serve hot with sourdough bread or 100% whole wheat toasted bread.