

Chicken Pho Soup



Discover our simple and flavorful Chicken Pho Soup recipe, the perfect option for a comforting and balanced meal. Easy to prepare, it delivers authentic flavors while fitting seamlessly into your daily routine.

Preparation 10 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 355

Fat 7

Carbohydrates 37

Fibre 3

Protein 36

Sodium 1390

Ingredients

- 15 ml (1 tbsp) olive oil
- 1 yellow onion, chopped
- 2 chicken breasts (approx. 300 g)
- 2 cartons (900 ml each) Pho-style broth, ready to use*
- 3 green onions, sliced on a bias (white and green parts separated)
- 100 g (3 ½ oz) rice noodles (vermicelli), uncooked

- 2 carrots, shredded
- 500 ml (2 cups) mung bean sprouts (or sprouted beans)
- ½ package (113 g) mushrooms, thinly sliced

Optional Garnishes

- Fresh cilantro
- Lime wedges

Preparation

1. In a large pot over medium heat, warm the olive oil. Add the onion and chicken breasts. Cook for 3–4 minutes, stirring, until the chicken is lightly browned and no longer pink.
2. Add the broth and the white parts of the green onions. Bring to a boil, then reduce to medium-low heat and simmer for 10 minutes.
3. Remove the chicken breasts from the pot and shred them using two forks. Return the shredded chicken to the pot.
4. Add the rice noodles and cook according to the package directions (3–5 minutes), stirring gently to prevent sticking.
5. Divide the broth, chicken, and noodles into 4 bowls. Top each bowl with mung bean sprouts, shredded carrots, and sliced mushrooms.
6. Serve with the green parts of the green onions, fresh cilantro, and a lime wedge, if desired.

Notes

Keeps for up to 3 days in an airtight container in the refrigerator. Does not freeze well.

*For a lower-sodium soup, use no-salt or reduced-sodium broth.



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