

Recipes makes: 5 Servings

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(564g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>450</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 200mg	<b>67%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	

## Ingredients-

- ♥ One Large Onion
- ♥ 4/5 lb. Chicken Thighs
- ♥ 1 Tbsp. Paprika
- ♥ 1 ¼ tsp. Turmeric
- ♥ 1 tsp. Fish Sauce
- ♥ 3 ½ Tbsp. Ginger
- ♥ 1 tsp. Stevia (1 pkt) or Splenda
- ♥ 5 ¼ Tbsp. Chana dal Powder
- ♥ 1 Cup Light Coconut Milk
- ♥ 2 Tbsp. oil
- ♥ 5 1/3 Cups Water
- ♥ 2 1/3 Cups Egg Noodles
- ♥ 2 ½ Hard Boiled Eggs
- ♥ 1 Tbsp. Cilantro

## PREPARATION:

1. In a large pot heat up the oil
2. Add turmeric, ginger, paprika, and chicken for about 5-6 minutes
3. Add boiling water
4. Add onion and let it simmer for about 3-5 minutes
5. In a separate bowl, mix chana dal powder with cold water and then add it to the pot to thicken
6. Add fish sauce and coconut milk
7. Add Splenda/Stevia and salt to taste if desired
8. To prepare the soup bowl: ½ cup egg noodle, pour ¾ cup of soup, top with half a hard-boiled egg and cilantro