Herbs for Chicken Noodle Soup

Fresh parsley and dill added off heat brighten this chicken noodle soup, while a bay leaf gently infuses the broth.

PREP 20 MIN | COOK 40 MIN | TOTAL 60 MIN | SERVES 4 | EASY



Ingredients

- 680 g boneless skinless chicken thighs, cut into 3 cm pieces
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves, minced
- 2 carrots (160 g), sliced
- 2 celery stalks (100 g), sliced
- 2 litres unsalted chicken broth
- 150 g dried egg noodles
- 1/2 tsp dried thyme
- 1/4 tsp black pepper
- 1/2 tsp salt, adjusted to taste
- 1 bay leaf
- 2 tbsp chopped parsley
- 1 tbsp chopped dill

Ingredient note: Use unsalted broth and adjust seasoning after cooking. Keep raw chicken chilled and use separate clean utensils for cooked food.

Method

1. Heat oil in a large pot. Soften onion, carrots and celery for 6 minutes; stir in garlic for 30 seconds.

2. Add chicken, broth and seasonings. Bring to a gentle simmer. Cover partially and cook 20–25 minutes until chicken reaches 165°F (74°C).

3. Lift chicken onto a clean board. Shred the chicken with two forks.

4. Return chicken to broth. Add noodles and simmer for the packet cooking time, usually 6–10 minutes.

5. Simmer the bay leaf in the broth; discard before serving. Add parsley and dill off heat.

Serving

Serve hot in bowls with lemon wedges.

Doneness & safety

Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

Helpful tips

- Prepare ingredients before starting.
- Check chicken with a thermometer.
- Cook noodles only until tender; keep separate for storage.

Avoid: Do not judge safety by color alone.

Avoid: Keep cooked chicken off plates used for raw poultry.

Variations

- Herbs: finish with chopped parsley.
- Vegetables: use similar amounts of seasonal vegetables and adjust cooking until tender.

Storage, freezing & reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Quick answers

Can I make this ahead? Refrigerate promptly and reheat thoroughly; store noodles separately when used.

How do I check doneness? Use a thermometer: chicken must reach 165°F (74°C).