

## Turkey noodle soup



### Method

1. Bring the stock to the boil and throw in the carrots. Boil for 4 mins, then add the noodles and simmer for 3 mins. Stir in the turkey, peas and the white part of the spring onions, heat for 1 min or until everything is hot through. Ladle into bowls, scatter with the green part of the onions to serve.

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### Ingredients

- 1.2l low-sodium chicken stock
- 4 small carrots, peeled and chopped
- 140g medium egg noodles
- 200g/7oz shredded, cooked turkey or chicken
- 200g frozen peas
- 1 bunch spring onions, sliced, white and green parts separated



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