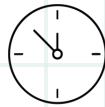




CHICKEN SOUP



Prep time
15 min



Cooking time
30 min



Portions
4



Chicken Soup

Chef Notes

- Poach chicken gently – simmering keeps the breast tender and juicy.
- Build flavour with vegetables – carrots and celery add natural sweetness and depth.
- Barley and lentils add fibre and make the soup more filling.
- Potatoes or pasta add body and make the soup more substantial.
- Shred the chicken at the end and return it to the soup so it doesn't overcook.

Skill Badges



Ingredients

- 2 tbs olive oil
- 4 medium carrots, peeled and sliced
- 3 celery ribs, sliced
- 1 medium onion, diced
- 2 cloves garlic, crushed
- 1 tsp salt
- 2 chicken breasts
- ½ cup soup mix (barley/lentils), pasta or potatoes
- 2 sprigs fresh thyme
- 5 cups chicken stock
- ¼ cup roughly chopped fresh parsley
- ½ lemon squeezed
- salt to taste

Equipment

- large saucepan
- chopping board
- knife
- wooden spoon
- fork for shredding the chicken
- ladle
- juicer

Method

Step 1

Heat the olive oil in a large pot. Add the onion, carrots, celery, garlic and salt. Cook for 5–7 minutes until softened.

Step 2

Add the soup mix, potatoes or pasta.

Step 3

Add the chicken breasts, thyme and chicken stock. Bring to a gentle simmer.

Step 4

Remove the chicken breasts after 15 minutes and shred the chicken with a knife and fork on a plate.

Step 5

Return the shredded chicken to the soup and simmer for a few minutes.

Step 6

Stir in the fresh parsley, lemon juice taste and adjust the seasoning. Serve hot.