

CHICKEN & VEGETABLE

soup

There is nothing quite like a hot bowl of chicken soup when you're feeling a little under the weather. While away from home and missing family, I caught a cold and immediately longed for my sisters delicious chicken soup! Boy, did it go down well. Filling me nutritionally and making me feel closer to family... Try this recipe for real home cooked goodness.

INGREDIENTS

- 1 tbsp coconut oil
- 4 garlic cloves
- 1 large chilli
- 1 thumbsize piece of ginger
- 1 red onion
- 1 bunch celery
- 4 free range chicken breasts
- 1500ml vegetable stock
- 1 head broccoli
- 400g pumpkin
- 400g baby marrows
- 200g baby spinach
- 1 bunch kale
- 1 tin coconut milk (400ml)

INSTRUCTIONS

1. Fry the chopped garlic, chilli and ginger with the coconut oil on a low heat.
2. Add chopped red onion and chopped celery stalks and cook until translucent.
3. Cut the chicken into squares and add to pot with some salt and pepper, stirring often so it doesn't stick.
4. Once the chicken is cooked add stock and turn the heat up to high.
5. Add broccoli and pumpkin and cook until slightly tender.
6. Add baby marrows, kale and spinach and cook until spinach is wilted.
7. Once everything is cooked, add the coconut milk.
8. Blend to desired consistency.



SERVES
7 PEOPLE



PREP TIME
5 MIN



COOK TIME
30 MIN



TOTAL TIME
35 MIN

NUTRITIONAL INFORMATION

MAKES 7 X
400G SERVINGS

EACH SERVING
CONTAINS:

336 KCAL
27G PROTEIN
18G FAT
14G CARBS