

CHICKEN SOUP

Makes 4 servings

Per Serving

Calories 490 Fat 7g, Protein 47g, Carbohydrates 55, Fibre 5

INGREDIENTS

- 1 tablespoon olive oil
- 3 cloves or 1 tablespoon of minced garlic
- 1 diced onion
- 3 cups of diced vegetables, frozen or fresh - I used frozen sweet potato, carrots, peas & zucchini. Cauliflower, capsicum, pumpkin, tomatoes and spinach would also be great - whatever is in the bottom of the fridge or freezer!
- 1 tablespoon fresh grated ginger - at least, I love ginger so always add more
- 1 teaspoon ground turmeric
- 1 litre of water
- 2-3 tablespoons of stock powder (I used chicken, you can also use chicken stock in place of the water)
- ½ cup of cashews soaked in hot water
- 0.5 kg boneless skinless chicken breast or thighs - cut into strips (4 per breast)
- 1 -2 teaspoons of dried herbs - bolognese mix or Italian
- 1 cup pearl or Israeli couscous (you can sub barley or beans - just vary the liquid to suit)
- Salt and Pepper to taste
- Once again play around with the spices cumin or chilli would be OK.

DIRECTIONS

1. Gently Warm oil in a large saucepan and cook onions and garlic over a moderate heat until transparent
2. Add herbs and spices and saute for 30 seconds
3. Add the vegetables, water, chicken stock and season
4. Add the chicken and ensure that the chicken is covered by the liquid
5. Bring to boil
6. Reduce to a medium low simmer and cook for ~20 minutes (until chicken is fully cooked)
7. Remove from heat then remove chicken from the broth and shred (just place chicken in a bowl and use 2 forks to pull it apart)
8. I also blend about ½ - 2/3 of the broth with the cashews in a blender, this will make the soup smoother and creamier
9. Return the blended broth to the pan with then add the cous-cous bring back to the boil for ~10 minutes
10. Place the chicken back in the saucepan and reheat

Note you may need to add some more liquid with the cous-cous to get the soup to the consistency that you enjoy