

# Nourishing chicken & vegetable soup



10g butter or coconut oil  
200g leek, sliced  
250g white onion, diced  
3 cloves garlic, finely chopped  
500g roast chicken meat (skin removed), chopped  
500ml chicken stock  
250g swede and carrot, diced  
150g frozen sweetcorn  
1 litre freshly boiled water  
salt & pepper to taste

SERVES 5



Melt the butter / oil in a large saucepan over a medium heat. Add the leek and onion and sauté gently for 5 minutes, stirring occasionally.

Add the garlic, chicken stock and chicken and stir well.

Add the swede, carrot and sweetcorn and stir well.

Add the boiled water. Stir well and bring to a gentle simmer. Cover and cook for 25 minutes.

Season with salt and pepper and stir. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



PER SERVING:  
239 Calories  
13g Carbs  
31g Protein  
7g Fat