



Chicken & Vegetable Soup

SERVES 4

INGREDIENTS

2 tsp oil	1¼ litres salt reduced chicken stock
1 onion, finely chopped	2 baby marrow, diced
1 tbs medium curry powder	200g green beans, cut into 2cm lengths
2 garlic cloves, crushed	100g baby spinach leaves
480g chicken thigh fillets, diced	2 tbs lemon juice
2 celery sticks, thinly diced	Coriander leaves to garnish
1 carrot, diced	

METHOD

1. Heat the oil in a large saucepan over medium heat. Sauté the onion until softened. Add the curry powder and garlic and fry until fragrant then add the chicken, celery and carrot.
2. Stir until coated with the spice mix. Add the stock and simmer until vegetables are just tender. Add the baby marrow and green beans. Simmer for a further 5 minutes or until cooked.
3. Stir through the spinach, lemon juice and garnish with coriander.

