






## CHICKEN & BROCCOLI SOUP

 10 minutes  
 15 minutes  
 2 portions

## INGREDIENTS

- 1 tsp of Vegetable Stock (2g)
- 300 grams of broccoli, chopped
- 3 spring onions, chopped (75 g)
- 50 grams of baby spinach,
- 225 grams of chicken breast , shredded
- 1 tbsp Basil Pesto (20g)
- 1 pita bread , wholemeal (28 g)
- 20 grams of cheese, parmesan, grated

## COOKING METHOD

- 1° Pour 2 1/2 cups of boiling water into a medium saucepan. Place over high heat. Add stock powder and broccoli. Cover and return to the boil. Cook for 3 minutes or until just tender. Add spring onions and spinach. Cook for 2 minutes.
- 2° Remove from heat. Carefully blitz with a handheld a handheld blender until just smooth. Return to heat. Add chicken and pesto and season with freshly ground pepper. Stir to heat chicken through. Sprinkle over Parmesan. Serve with pita bread.
- 3° \* To cook chicken ahead of time, poach a breast fillet in a pan of simmering water for 10-15 minutes, depending on size. Cool and refrigerate for up to 3 days. Otherwise use bbq chicken with skin removed. Alternatively use thinly sliced raw chicken and add at the same as ingredients however cook for 5 minutes.
- 4° \* To cook chicken ahead of time, poach a breast fillet in a pan of simmering water for 10-15 minutes, depending on size. Cool and refrigerate for up to 3 days. Otherwise use bbq chicken with skin removed. Alternatively use thinly sliced raw chicken and add at the same as ingredients however cook for 5 minutes.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (360 g)	% DRI
ENERGY	97 kcal	350 kcal	17 %
FAT	3 g	11 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	29 mg	105 mg	35 %
SODIUM	219 mg	788 mg	33 %
CARBOHYDRATE	7 g	24 g	8 %
SUGARS	1 g	5 g	—
FIBER	2 g	7 g	27 %
PROTEIN	12 g	42 g	—