

Chicken and Vegetable Soup

Serves: 4

Prep time: 15 minutes

Cook time: 45 minutes



3 serves per portion

Ingredients

1 tablespoon extra-virgin olive oil

1 brown onion, diced

1 carrot, diced

2 stalks celery, diced

2 garlic cloves, crushed

6 cups chicken stock, salt reduced

1 cup dried yellow split peas, rinsed

1 zucchini, diced

2 small chicken breasts, cut in half horizontally to make thinner fillets

¼ teaspoon cracked pepper

½ cup fresh parsley, roughly chopped

½ lemon, juiced

4 slices wholegrain bread (to serve)



Everyday Food

Method

HEAT oil in a large saucepan over low heat.

ADD onion, carrot, celery and garlic and cook, stirring occasionally, on a low heat for 10 minutes or until vegetables have softened but not browned.

STIR through chicken stock and split peas, turn heat to high and bring to the boil.

REDUCE heat to a simmer, partially cover with a lid and cook for 25 minutes or until split peas have softened, stirring occasionally.

ADD zucchini and chicken fillets to the soup. Simmer for 10 minutes, or until the chicken is cooked through.

REMOVE the chicken, chop into bite-sized pieces, then return it to the soup.

TAKE the soup off the heat and stir through the pepper, parsley and lemon juice.

GARNISH with extra parsley and serve with toasted bread.

Recipe courtesy of the Country Kitchens team