



SPRING CHICKEN AND VEGETABLE SOUP

WHAT YOU NEED

- 2 tablespoons of olive oil
- 1 x carrot
- 1 x leek
- 1 x stick of celery
- 1½ pints chicken or veg stock
- 10 - 12 green beans
- 1 courgette
- mug of frozen peas
- cooked chicken (1 leg or 1 breast)
- salt and pepper



HOW TO MAKE IT

Chop the carrot, leek and celery into bite-sized pieces. Warm the olive oil in large saucepan and add the chopped vegetables. Cook slowly for about 10 minutes. Then add the stock, salt and pepper. Bring to the boil and simmer for 20 minutes. Add green beans, cut into smaller pieces chopped courgettes, peas and chicken. Cook for another five minutes. Taste for seasoning (it might need more salt) and serve.

TIP 😊

Add chopped fresh parsley, pesto, or grated cheese to serve.

