

CHICKEN NOODLE SOUP

SEPTEMBER RECIPE

INGREDIENTS

- 1 brown onion
- 4 cloves garlic
- 2 carrots
- 2 celery stalks
- 1 zucchini
- 500g chicken breast
- 100g spaghetti, broken in half
- 1L reduced salt chicken stock



INSTRUCTIONS

1. Heat some oil in a pot. Add chopped onion, carrot, celery and zucchini. Fry for a few minutes until soft.
2. Add whole chicken breasts, chicken stock, 2-3 cups of water and pasta. Bring to boil then turn down and simmer for 10 minutes until chicken is fully cooked and pasta is soft.
3. Transfer chicken to a chopping board and pull apart with 2 forks. Add shredded chicken back into soup and simmer.

TIPS & TRICKS

- Add some minced ginger, fresh herbs, or chilli for a flavour boost
- Add some extra garden greens for a nutrition boost!
- Skip the chopping and use frozen veggies quicker meal

SERVES 4+

TIME: 40 MINS



RECIPE
scan here
to access!