

GREEK CHICKEN & VEGETABLE SOUP

with Ciabatta







Thicken your soup the Greek way





















Free-Range Chicken

Free-Range Chicken



Chicken Stock

Bake-At-Home Ciabatta





Lemon

Greek Yoghurt

Pantry Staples

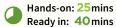




Olive Oil



We're taking tips from the Greek kitchen and showing you how to create a creamy chicken & veggie soup. All it takes is some lemon, an egg, and a little know how. And we know how!



Eat me early

BEFORE YOU = STAR

You will need: kettle, chef's knife, chopping board, vegetable peeler, garlic crusher, large saucepan or casserole dish, tongs, plate, wooden spoon, two forks, whisk and a small bowl. Let's start cooking the Greek Chicken & Vegetable Soup with Ciabatta



GET PREPPED Preheat the oven to 200°C/180°C fan forced. Boil the water in a kettle (be sure to check the ingredients list for the amount needed). Finely chop the **brown onion**. Finely slice the leek. Dice the celery. Peel and dice the **carrot**. Peel and crush the **garlic**. Roughly chop the parsley leaves.



BROWN THE CHICKEN Heat the **olive oil** in a large saucepan or casserole dish over a medium-high heat. Add the free-range chicken breast and chicken thigh and cook for 2 minutes on each side, or until golden (the chicken will continue to cook in step 3). Remove from the pan and set aside on a plate.

*TIP: Cook the chicken in two batches if you don't have a large enough saucepan.



COOK THE SOUP Add the brown onion, leek, celery and carrot to the same pan and cook for 5 minutes, or until softened. Add the garlic and 1/2 the parsley and cook for 1 minute, or until fragrant. Return the chicken breast, **chicken thigh** and any chicken juices to the pan and add the **chicken stock** cube and the boiling water (check amount needed). Season with **salt** and **pepper** and stir to combine. Reduce the heat to low and simmer, uncovered, for 10-15 minutes, or until slightly thickened. Remove the shredded chicken from the pan with tongs and shred using 2 forks. Return the chicken to the pan and stir through. *TIP: Thinly slice the chicken instead of shredding to save time!



SERVE UP Divide the Greek chicken and vegetable soup between bowls. Garnish with the remaining parsley and mop up with the ciabatta.

ENIOY!



THICKEN THE SOUP ₩hile the bread is baking, whisk the **egg** in a small bowl and juice the **lemon**. Add **1 tbs** of lemon juice to the egg and mix well. This egglemon sauce is known as avgolemono and is a Greek way of thickening and flavouring soups! When the soup has finished cooking, remove the saucepan from the heat and allow to cool a little. Slowly pour in the lemon-egg mixture, stirring as you pour. Stir through the Greek yoghurt and season to taste with **salt** and **pepper**.

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4-5 PEOPLE =

water*

leek

celerv

carrot @

garlic 👁

parsley @ olive oil'

chicken stock

egg*

lemon 👁

Greek yoghurt

NUTRITION

Energy (kj)

Protein (g)

Fat, total (g)

- sugars (g)

Sodium (mg)

- saturated (g)

Carbohydrate (g)

free-range chicken breast

free-range chicken thigh

bake-at-home ciabatta

*Pantry Items | Ingredient features in another recipe

PER SERVING

2120kJ (507Cal)

46.4g

18.2g

5.3g

34.4g

8.6g

600mg

brown onion @

INGREDIENTS

2 cups

1 stalk

2 cloves

1/3 bunch

1 tbs

2 fillets

1 packet

1 cube

1

1

1 tub

PER 100G

331kJ (79Cal)

7.2g

2.8g

0.8g

5.4g

1.3g

94mg

1

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BAKE THE CIABATTA While the soup is cooking, cut the bakeat-home ciabatta in half, place in the oven and bake for 8-10 minutes, or until toasted on the outside and steaming hot on the inside.