

Chicken Vegetable Soup

Perfect post-workout meal¹ when you need muscle-repairing protein and liquid to rehydrate your body.

Nutritional Info (per serving): 462 calories, carbs 20.5g, fat 24.9g, protein 36.4g



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Ingredients (serves 6)

- 1.6 kg whole chicken
- 4 carrots, peeled and sliced
- 1 heart celery, sliced, (yellow leaves reserved)
- 12 new potatoes, peeled
- A few sprigs fresh thyme
- 2 large handfuls peas
- 1 leek, shredded
- 1 small bunch fresh flat-leaf parsley, leaves picked and chopped

¹ Recipe by Jamie Oliver on [jamieoliver.com](https://www.jamieoliver.com)

Method

1. Place the chicken, carrots, celery, potatoes and thyme into a large, deep pan and pour in 3 litres of water or enough to cover the chicken.
2. Simmer on a medium heat for 1½ hours or until the chicken is cooked through.
3. Remove the chicken from the pan and strain the broth. Save the vegetables for later.
4. Put the broth back on a high heat and allow to reduce for 15 minutes until there's about 2 litres left.
5. Meanwhile, tear the cooked chicken into long chunks. Once the broth has reduced, throw the vegetables back in the pan with the peas, leeks and chicken. Simmer for a further 5 minutes, then remove the sprigs of thyme.
6. Serve in warm bowls sprinkled with chopped parsley and the celery leaves.



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