



UCCOOK

Hearty Chicken Soup

with green cabbage & fresh herbs

Hands-on Time: 55 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	295kJ	1816kJ
Energy	71kcal	435kcal
Protein	7.1g	43.4g
Carbs	9g	56g
of which sugars	4g	23g
Fibre	1g	9g
Fat	1g	6.1g
of which saturated	0.2g	1.4g
Sodium	173mg	1064mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Leeks <i>trim & cut in half lengthways; thoroughly rinse & finely slice</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
200g	200g	Baby Corn <i>rinse & cut in half lengthways</i>
3	4	Celery Stalks <i>rinse & roughly chop</i>
300g	400g	Cabbage <i>rinse & roughly chop</i>
3	4	Chicken Stock Sachets
2	2	Bay Leaves
15ml	20ml	NOMU Italian Rub
3	4	Free-range Chicken Breasts
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Water
Seasoning (salt & pepper)
Cooking Spray (or oil of your choice)

1. START THE SOUP Place a pot with a lid over medium-high heat. When hot, add the leeks and lightly coat with cooking spray or oil (optional). When hot, fry the leeks until soft, 3-4 minutes (shifting frequently). Add the carrot, celery, and cabbage, and season. Allow the mix to cook together until fragrant and slightly browned (shifting frequently), 8-10 minutes.

2. CHICKEN & BAY LEAF Add the chicken stock to the pot and top with 1.5L [2L] of water, add in the bay leaves, NOMU rub, and chicken breast. Reduce the heat, cover with a lid, and simmer until slightly reduced. 35-40 minutes. In the final 4-6 minutes, add the baby corn.

3. TIME TO SHRED Remove the chicken from the pot and shred it with a fork before returning it to the pot. Remove the bay leaves.

4. EAT TO YOUR HEART'S CONTENT Bowl up the hearty soup, garnish with fresh parsley, and enjoy. Well done, Chef.