



UCOOK

American-style Chicken Soup

with tiny elbow pasta, corn & fresh parsley

This dish truly is a hug in a bowl. Chicken is poached to tender perfection in rich stock, fresh cream and ground turmeric for an added golden glow! It is packed with an array of other tasty ingredients including onion, corn, celery, and tiny elbow pasta. This soup will certainly give you a reason to love winter a little more...

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Fan Faves

 Boschendal | 1685 Merlot

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
2,5ml	Turmeric
1	Celery Stalk <i>rinsed & roughly chopped</i>
5ml	Chicken Stock
65ml	Fresh Cream
1	Free-range Chicken Breast
75g	Tiny Elbow Pasta
50g	Corn
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel

1. IT'S ALL ABOUT THAT BASE Boil the kettle. Place a pot over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the diced onion for 7-9 minutes until soft and translucent, shifting occasionally. Add the turmeric and the chopped celery and fry for 1-2 minutes until fragrant, shifting constantly. Add the stock, 400ml of boiling water, and the fresh cream. Mix until fully combined. Reduce the heat until a gentle simmer.

2. SHREDDED CHICKEN Pat the chicken dry with paper towel. When the soup is gently simmering, lower the chicken into the soup and leave to poach for 10-15 minutes until cooked through. Remove from the soup and place on a cutting board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken. Season lightly and set aside. Remove the soup from the heat.

3. WHILE THE CHICKEN IS POACHING... Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion and toss through some oil to prevent sticking. Return the pot of soup to a medium-low heat. When gently simmering, add the cooked pasta, the corn, the shredded chicken, and seasoning to the soup. Mix until fully combined and leave to simmer for 1-2 minutes until heated through.

4. FINAL TOUCHES Bowl up a hearty helping of the golden chicken soup. Sprinkle over the chopped parsley! Yum, Chef!

Nutritional Information

Per 100g

Energy	695kJ
Energy	166Kcal
Protein	10.1g
Carbs	17g
of which sugars	2.1g
Fibre	1.3g
Fat	6.3g
of which saturated	3.4g
Sodium	129mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days