



LEFTOVER POT-ROAST CHICKEN SOUP



MINUTES TO PREPARE
5



MINUTES TO COOK
20



SERVES
3

INGREDIENTS

1 tablespoon rapeseed oil
200g leftover roast chicken
1 sweetheart cabbage, outer leaves and core removed, finely sliced
150g button mushrooms, thinly sliced
1 onion, peeled and thinly sliced
3 cloves of garlic, peeled and thinly sliced
600ml liquid (I used 200ml stock and 400ml water with 1 teaspoon vegetable bouillon but your quantities may vary)
50g vermicelli rice noodles or spaghetti broken into smaller pieces
2 large handfuls flat leaf parsley, finely chopped
1 teaspoon Worcestershire sauce
Salt and pepper

LET'S GET COOKING

- 1 Place the oil in a large saucepan and add the onions and mushrooms. Sweat over a medium heat for 10 minutes. Stir in the garlic and cabbage and cook for a further 5 minutes over a medium heat.
- 2 Add the liquid and bring to the boil. Turn down to a simmer and add the chicken, noodles and Worcestershire sauce. Season with a really good grind of black pepper and taste to see if you need to add more salt (the stock can be naturally salty). Stir well and simmer for 5 minutes, or until the vegetables and noodles are soft.
- 3 Sprinkle over the parsley and serve hot.

"This chicken soup is really an extension to the pot-roast cider chicken, as you use the stock from the sauce and leftover meat as the base of your soup, and then simply add vegetables, noodles and parsley. I used rice noodles here but broken up spaghetti works just as well. So comforting and super nourishing"