

## THAI CHICKEN AND BUTTERNUT BROTH



MINUTES TO PREPARE  
10



MINUTES TO COOK  
45



SERVES  
2

### INGREDIENTS

**1/2 red onion**, peeled and finely sliced  
**2 cloves garlic**, peeled and finely diced  
**3cm knob fresh ginger**, peeled and finely diced  
**1 large bunch fresh coriander stalks**, finely chopped  
**1 lemongrass**, bashed whole  
**1 tablespoon rapeseed oil**  
**600ml water**  
**1 chicken carcass**  
**Top half of a butternut**, peeled, sliced into 6 lengthways and then each slice sliced lengthways again to create battons  
**Shredded chicken (breast or legs)**  
**50g tenderstem broccoli**  
**100g spinach**, washed  
**1 spring onion**  
**2 kaffir lime leaves**  
**200ml light coconut milk**  
**Juice of 1 lime**  
**2 pinches Maldon Sea Salt**  
**Good grind of black pepper**  
**Drizzle chilli oil (optional)**

### LET'S GET COOKING

- 1 In a large saucepan, heat the rapeseed oil and gently sautee the red onions over a medium heat for 3 minutes. Add the garlic, ginger and coriander stalks and continue to cook for a further 2 minutes.
- 2 Pour in the water and add the chicken bones, making sure that they are submerged (chop the carcass up with a large knife if need be). Bring to the boil, and turn down to a simmer for 30 minutes.
- 3 Take out the bones and add the lemongrass, kaffir lime leaves and strips of butternut. Cook for 10 minutes or until the butternut starts to go soft. Add the shredded chicken, broccoli, spinach, coconut milk, lime juice, spring onion, Maldon Sea Salt and pepper and simmer for 2 minutes.
- 4 Take off the heat and let the flavours infuse for 3 minutes. Taste and adjust the salt, lime and add chilli as required.
- 5 Serve with additional lime wedges and chilli (optional).

P.s. If you didn't have a roast chicken simply use a stock cube instead of the carcass and finely slice a chicken breast.

*"An ideal way to finish off a roast chicken. I usually cook this on a Tuesday if we have had roast chicken on a Sunday. You can pack it full of vegetables, and by adding the bones from the chicken, it is nutritionally dense too, and there's no need to make a separate stock. Warm, spicy, fresh and fragrant Thai flavours lift the soul at any time of the year."*