



Belle's Beautiful Chicken Soup

Chicken soup makes a tasty addition to any days meals. Packed full of vegetables, Belle's chicken soup can have different vegetables added to it or replaced. It is easily changed for different seasonal vegetables.

It is a noodle soup, meaning it contains delicious rice noodles soaked in chicken stock broth. It also includes crunchy carrots and celery.



Skills Check: Follow a recipe; follow food safety & hygiene rules; use measuring spoons and cups; use a jug to measure liquids; chop using the bridge/claw safely; use a vegetable peeler safely; season to taste; tidy away.

Equipment: Chopping board, vegetable peeler, sharp knife, box grater, bowl, spoon.

Allergens: Celery, Wheat/Gluten

Ingredients (makes around 4 servings):

- 2 tablespoons olive oil
- 2 large carrots
- 2 celery stalks
- 1/2 an onion
- 1 and 1/2 garlic cloves
- 2 tablespoons thyme
- Peppercorns
- 1 litre chicken stock
- 1 cup shredded chicken
- 1 tablespoon fresh parsley
- 2 bay leaves
- 190g rice noodles
- 4 green onions
- Salt and pepper
- 1 tablespoon Lemon juice

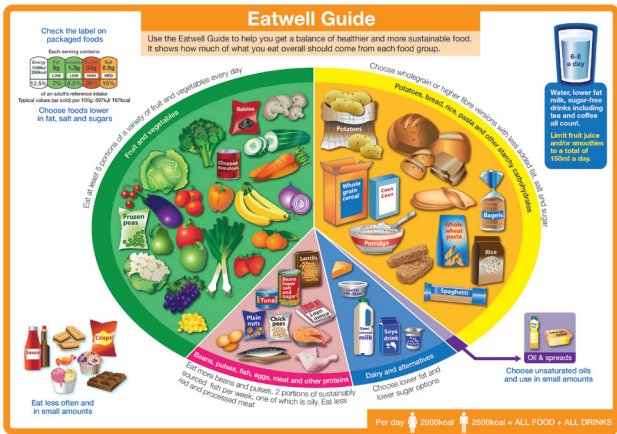
Method

1. Slice the carrots, celery and green onion. Dice the onion and mince the garlic.
2. Put a pot over medium high heat with the olive oil. Add the carrots, celery and onion.
3. Cook for 4-5 minutes. Then add the garlic, thyme, salt and pepper. Cook for a minute more.
4. Pour in the chicken broth and rice noodles and bring to a boil on high heat. Reduce to a simmer and let noodles cook for about 10 minutes.
5. During this time, add the bay leaves, green onion, lemon juice and peppercorns.
6. Add in the chicken, parsley right before serving and continue to simmer until the chicken is heated throughout. Salt and pepper to taste

N.B. You can store the chicken soup in the fridge in a covered container for 3 days or you can freeze it.



Belle's Beautiful Chicken Soup Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 384g serving

ENERGY	711kJ / 169kcal	8%
FAT	4.3g	6%
SATURATES	0.7g	4%
SUGARS	5.7g	6%
SALT	0.4g	6%

% of an adult's reference intake
Typical values per 100g : Energy 185kJ / 44kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about chicken vegetable soup ...

Vegetables are so good for us! Low in fat, sugar and calories and packed with vitamins and minerals.

Rice noodles are an excellent source of carbohydrate which are low in fat and tastes delicious.

Chicken is high in protein, and is a good source of B vitamins. Without the skin chicken breast meat is low in fat and calories.

