

Chicken & Broccoli Soup ❄️

🍽️ x2 🕒 10 min prep 🕒 5 min cooking 📊 303 Cal per serve

Ingredients

- 1 Teaspoons Vegetable Stock Powder (2g)
- 300g Broccoli, chopped
- 3 Shallot (18g), chopped
- 50g Baby Spinach
- 225g Grilled Lean Chicken Breast, shredded
- 1 Tablespoons Basil Pesto (20g)
- 1 Wholemeal Pita Bread (40g)

Method

1. Pour 2 ½ cups (625 ml) boiling water into a medium saucepan. Place over high heat. Add stock powder and broccoli. Cover and return to the boil. Cook for 3 minutes or until just tender. Add shallot and spinach. Cook for 2 minutes.
2. Remove from heat. Carefully blitz with a handheld blender until just smooth. Return to heat. Add chicken and pesto and season with freshly ground black pepper. Stir to heat chicken through. Serve with pita bread.

Voome Tips

- ✔️ Shallots are the long thin green variety.
- ✔️ To cook chicken ahead of time, poach a breast fillet in a pan of simmering water for 10-15 minutes, depending on size. Cool and refrigerate for up to 3 days. Use barbecue chicken with the skin removed, if you like.
- ✔️ If you like, use thinly sliced raw chicken. Add at the same time, but cook for about 5 minutes.



All recipes are written for conventional ovens. If you have a fan-forced oven, please decrease the stated temperature by 20°C.

Nutritional Information (per serve*)

Calories	303 Cal
Protein	43.4g
Fat Total	7.6g
Fat Saturated	1.6g
Carbohydrates	12.3g
Sugars	2.4g
Sodium	510.7mg