

Chicken & veg noodle soup

Serves: 4

Prep time: 15 mins

Cooking time: 45 mins



Ingredients

- 1 tbsp olive oil
- 4 chicken drumsticks
- 1 onion, diced
- 1 clove garlic, crushed
- 2 sticks celery, diced
- 1 large carrot, diced
- 1 small zucchini, diced
- 125g can corn kernels, drained
- 3 tsp reduced-salt chicken stock powder
- 5 cups water
- 100g wholemeal spaghetti, broken into thirds

Step 1: Heat oil in a large saucepan over medium heat. Add chicken drumsticks and cook for 2-3 minutes on each side until browned. Transfer to a plate.

Step 2: Add onion to pan and cook for 2-3 minutes or until translucent. Add garlic, celery, carrot and zucchini and cook for a further 3-4 minutes or until softened.

Step 3: Add chicken back to pan along with the corn, chicken stock, and water. Cover and simmer gently for 30 minutes or until chicken is cooked through and coming away from the bone.

Step 4: Using tongs, remove drumsticks from soup and place on a chopping board. Once cool enough to handle, cut away the flesh, discarding the bones and skin.

Step 5: Add the chicken pieces back to the soup along with the spaghetti and simmer for 8 minutes or until pasta is just cooked. Add a little more water if soup is too thick.

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