



Greek lemon, chicken & mint soup

Ingredients: (Serves 4)

2 tablespoons olive oil
5 spring onions, white parts roughly chopped, green tops thinly sliced
3 garlic cloves, sliced
2 x 250g boneless, skinless chicken breasts
1.5 litres salt-reduced chicken stock
60g rice (or small pasta)
2 eggs
juice of 2 lemons
1 cup frozen peas
3 handfuls spinach
1 handful mint (or dill), leaves picked

Method:

1. Heat the olive oil in a large saucepan over high heat, then add the spring onion white stems and the garlic. Cook, stirring, for 2-3 minutes until the onions soften. Add the chicken breasts and cover with stock. Bring to a gentle simmer and cook for 12-15 minutes until the chicken is just cooked. Meanwhile, cook the rice in a saucepan with plenty of boiling water for 2 minutes less than the directions on the packet state. Drain well.
2. Remove the chicken from the stock and slice or shred the meat. Whisk the eggs in a heatproof bowl, then gradually whisk in the lemon juice. Whisk in a ladleful of the hot stock, then gradually whisk in another ladle or two. Whisk the egg mixture into the soup, return the chicken to the soup and add the rice, peas, spinach and half the mint. Cook over low heat for 1-2 minutes until the soup thickens slightly and the spinach has wilted.
3. Divide the soup among four bowls, top with the slice green parts of the spring onions and the remaining mint leaves, and serve.

Nutrition Information: (Per serve)

Energy:	1552kJ (369 cal)	Protein:	37.1g	Total Fat:	15.4g
Saturated Fat:	3.3g	Carbohydrate:	19.3g	Sugars:	3.3g
Fibre:	4.5g	Sodium:	1627mg		