

COCONUT LEMON CHICKEN SOUP



INGREDIENTS

2 inch fresh ginger
1 inch fresh turmeric
2-3 large clove garlic
a handful of fresh coriander
2 spring onions, quartered
1 red chilli, seeds removed
1 litre home-made chicken broth
400g coconut milk (tinned or homemade)
30g fresh lemon juice
2 tsp coconut sugar
2 Tbspns fish sauce (optional)
sea salt to taste
200-300g cooked chicken, leftover from making broth
extra sliced spring onions and coriander for garnish (optional)

METHOD

Finely mince ginger, turmeric and garlic; finely chop coriander, spring onions and chilli; mix together in a bowl.

Place half of the mixture into a large saucepan, add broth, and simmer for 10 mins.

Add remaining ingredients except chicken, and simmer another 10 mins.

Add cooked chicken and simmer until warmed through.

Add remaining minced herbs, garlic, ginger, turmeric mixture, and stir through.

Pour into bowls, and garnish with extra spring onions and coriander if desired.

Science validates what our grandmothers all knew - that chicken broths makes for healthy bodies. This is my new favourite chicken broth soup – it's so delicious, and the fresh herbs and spices and chilli are great for colds, not to mention the thick, jellyish, golden stock.

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Recipe by Jo Whitton from
Quirky Cooking
quirkycooking.com.au