

Greek Chicken, Lemon & Rice Soup

This Greek soup is the perfect tonic for winter sniffles. It leaves all the ingredients tender and infused with flavour from the chicken stock. You may have never had egg in a soup before, but we think after this beauty you'll be adding it to your repertoire. It makes the soup rich, thick and creamy – it's almost like magic!



Prep: 15 mins Cook: 20 mins Total: 35 mins



level 1



lactose



eat me early

Pantry Items







Jasmine Rice



Chicken Stock





Lemon







Baby Spinach



Mint

2P	4P	Ingredients	
⅔ packet	1 ⅓ packets	Jasmine rice	
1 cube	2 cubes	chicken stock, crumbled	
1 L	2 L	boiling water *	
1 clove	2 cloves	garlic, peeled & crushed	
1	2	lemon, zested & juiced	
2 fillets	4 fillets	chicken breast, diced	
2	4	eggs, lightly beaten *	
1 bag	1 bag	baby spinach	
1 bunch	2 bunches	mint, leaves finely sliced	

1)	Ingredient features in another recipe
*	Pantry Itoms

Pantry Items

Pre-preparation

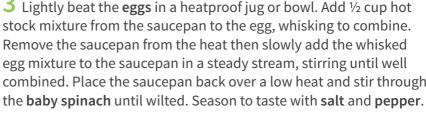
	Nutri	tion	per	serve
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Madridon per serve					
Energy	2560	Kj			
Protein	52.2	g			
Fat, total	16.7	g			
-saturated	5.1	g			
Carbohydrate	61	g			
-sugars	1.4	g			
Sodium	239	mg			



You will need: chef's knife, chopping board, garlic crusher, box grater, sieve, medium saucepan, heatproof jug or bowl and ladle.

- Place the Jasmine rice in a sieve and rinse really well until the water runs clear.
- 2 Place the chicken stock cube, boiling water, garlic, lemon zest and juice in a medium saucepan over a medium heat. Bring to the boil. Add the Jasmine rice and simmer for 8 minutes, or until the rice is just tender. Add the chicken breast and cook, stirring occasionally, for **3-4 minutes** or until the chicken is cooked through.
- 3 Lightly beat the eggs in a heatproof jug or bowl. Add ½ cup hot stock mixture from the saucepan to the egg, whisking to combine. Remove the saucepan from the heat then slowly add the whisked egg mixture to the saucepan in a steady stream, stirring until well combined. Place the saucepan back over a low heat and stir through





4 To serve, ladle the soup into bowls and top with the fresh mint.



Did you know? The Romans believed that the scent of mint was able to stop a person from losing their temper.