

Cheat's Asian chicken and vegetable broth soup



Ingredients:

- 1 tsp olive oil
- 2 tsp minced ginger
- 1 garlic clove, crushed
- ¼ onion, diced
- 2 cups chicken stock
- 1 cup of water
- 1 tablespoon tamari
- 2x chicken tenderloin fillets- diced small
- 2 heads of Asian veggies- such as boy choy, choy sum- roughly chopped
- Handful of snow peas, chopped
- 1 carrot, diced
- 1 zucchini, diced
- Chilli, chopped (to taste)
- Coriander, chopped

Method:

- 1- Add oil to large saucepan on high heat
- 2- Add ginger, onion and garlic- saute for 1-2mins
- 3- Add water, tamari and stock, bring to boil
- 4- Turn heat down- add diced chicken and all veggies except chilli and coriander
- 5- Boil lightly for 5-7mins (or until chicken is cooked)
- 6- Pour into bowls and top with chilli and coriander

Serves 2