

CHICKEN AND RISONI SOUP

An all in one meal. We have protein, carbohydrates, vegetables and comfort.

EASY | 10 MINS | 30 MINS | 6 SERVES

Ingredients

- 6 Chicken thighs
- 1 carrot, diced
- 2 sticks of celery, diced
- 1 onion, diced
- 1 cup risoni
- 6 cups chicken stock or water
- 1 tbsp dill, chopped

Instructions

1. In a large pot, bring chicken, stock, onion, carrot and celery to a boil. Reduce heat and simmer uncovered for 10-15 minutes, skimming the top occasionally. Season with salt.
2. Add risoni, and cook for a further 15 minutes until the risoni is cooked and tender. Remove chicken thighs from the soup, and shred then return to the pot.
3. Serve with chopped dill and a dash of extra virgin olive oil on top and a side of lemon wedges

Swap risoni with cannellini or borlotti beans to up your proteins.