

Fresh for kids! Easy vegetable, chicken & pasta soup



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Serves: 6 kids
Preparation: 20 minutes
Cooking: 50 minutes



5 cups chicken stock
300g chicken breasts, skinned
2 tbs olive oil
1 medium onion, finely chopped
2 large celery sticks, halved
lengthways and chopped
2 large carrots, peeled, quartered
lengthways and chopped

1 medium Desiree potato, peeled
and chopped
1 medium parsnip, peeled and
chopped
1/2 cup dried small macaroni pasta
salt and ground black pepper
1/3 cup grated tasty cheese, to
serve

1. Heat 1 cup stock in a large saucepan over medium heat until simmering. Add chicken, cover and simmer for 3–4 minutes on each side or until almost cooked through. Remove chicken to a plate. Pour stock into a heatproof jug, skim surface and set aside. Wipe out saucepan with paper towel.
2. Heat oil in the saucepan over medium heat. Add onion and cook, stirring occasionally, for 3 minutes or until soft. Add celery, carrots, potato and parsnip and cook, stirring occasionally, for 5 minutes.
3. Stir in reserved and remaining stock. Cover and cook, stirring occasionally, over medium-low heat for 25 minutes or until vegetables are just tender. Stir in pasta, season with salt (if using) and pepper and cook, stirring occasionally, for 10 minutes or until pasta is tender.
4. Roughly chop chicken and stir into soup. Serve warm soup in mugs or bowls, sprinkled with grated cheese.

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Supplying quality fresh fruit & vegetables

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