

Easy veggie, chicken & macaroni soup



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Preparation 20 mins | Cooking 50 mins | Serves 6

6 cups chicken stock
400g small chicken breast fillets
1 tbs olive oil
1 brown onion, finely chopped
2 celery sticks, halved lengthways and chopped
2 large carrots, halved lengthways and chopped
1 Desiree potato, peeled and diced
1 parsnip, peeled and diced
½ cup dried macaroni pasta
¼ cup flat-leaf parsley leaves, chopped
Grated parmesan & whole grain toast, to serve

STEP 1 Heat 1 cup stock in a large saucepan over medium heat until simmering. Add chicken, cover and simmer for 4-5 minutes on each side or until just cooked through. Remove chicken to a plate. Pour stock into a heatproof jug, skim surface and set aside. Wipe pan dry with paper towel.

STEP 2 Heat oil in the saucepan over medium heat. Add onion and cook, stirring often, for 3 minutes. Add celery, carrots, potato and parsnip and cook, stirring often, for 5 minutes. Add reserved stock and remaining stock. Cover and bring to the boil. Simmer for 20-25 minutes.

STEP 3 Stir in pasta and parsley. Cook, stirring often for 10 minutes or until pasta is tender. Shred chicken and add to soup. Season with salt and pepper to taste. Ladle soup into serving cups or bowls. Sprinkle with parmesan and serve with toast.