

SYDNEY MARKETS
Fresh for Kids

veggie & chicken noodle soup



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Preparation 20 mins | Cooking 50 mins | Serves 4

6 cups chicken stock
300g chicken breast fillets, halved lengthways
2 tbs olive oil
1 medium onion, finely chopped
2 celery sticks, chopped
2 medium carrots, peeled and chopped
1 medium Desiree potato, peeled and chopped
1 medium parsnip, peeled and chopped
1/3 cup broken dried spaghetti

STEP 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 just cooked through. Transfer chicken to a plate. Pour stock into a heatproof jug and set aside. Wipe saucepan with paper towel.

STEP 2 Heat oil in the saucepan over medium heat. Add onion and cook, stirring occasionally, for 3 minutes until tender. Add celery, carrots, potato and parsnip and cook, stirring occasionally, for 5 minutes.

STEP 3 Stir in reserved and remaining 5 cups stock. Cover and cook, stirring occasionally, over medium-low heat for 25 minutes or until vegetables are just tender. Stir in spaghetti, season with salt and pepper. Simmer, stirring occasionally, for 10 minutes or until spaghetti is tender. Shred chicken and stir into soup then simmer for 2 minutes. Ladle into bowls and serve.

Good for you... **CARROTS**

Carrots are a top source of beta carotene (which the body converts to vitamin A). Just one carrot (120g) provides enough beta carotene for two days' recommended dietary intake of vitamin A. A good source of dietary fibre, which helps the intestine function well. Provides vitamin C, one of the vitamins that helps the body protect itself against various infections.



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