

Winter vegetable & chicken soup



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Preparation 30 mins | Cooking 1 hour 45 mins | Serves 6-8

- 1 x 1.2kg chicken, trimmed of excess fat
- 8 cups water
- 1 large brown onion, chopped
- 3 celery sticks
- 4 carrots, peeled
- 1 bay leaf
- 2 tbs olive oil
- 1 leek, trimmed, halved lengthways and thinly sliced
- 2 garlic cloves, crushed
- 2 parsnips, peeled and diced
- 2 potatoes, peeled and diced
- 1 swede, peeled and diced
- 1 cup finely shredded Chinese cabbage
- ½ cup flat-leaf parsley, chopped

STEP 1 Place chicken, water, onion, 2 chopped celery sticks, 2 roughly chopped carrots and the bay leaf into a large saucepan. Cover and bring to boil, skimming surface occasionally, over medium heat. Reduce heat and simmer for 1 hour. Remove chicken from stock to a plate. Strain stock into large heatproof bowl (discard vegetables) and set aside. Wipe pan dry with paper towel.

STEP 2 Thinly slice remaining celery and chop carrots. Heat oil in the pan over medium heat. Add leek and garlic and cook, stirring often, for 4-5 minutes until tender. Add celery, carrots, parsnips, potatoes and swede to pan. Cook, stirring often, for 5 minutes. Add reserved stock and cabbage, cover and bring to the boil. Reduce heat and simmer for 25-30 minutes or until vegetables are tender.

STEP 3 Meanwhile, shred chicken flesh (discard skin and bones). Add chicken and parsley to soup. Season with salt and pepper to taste. Ladle into serving bowls and serve with toast.