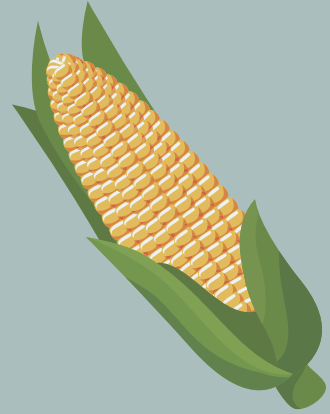


# CHICKEN NOODLE SOUP

PREPARATION FOR A HEALTHY KIDS SOUP



## INGREDIENTS

- 500g chicken breast
- 1 tbsp olive oil
- 1 cup sweetcorn
- 2 cloves garlic
- 2 thin slices fresh ginger
- 4 cups chicken stock
- 1 tbsp soy sauce
- 200g dried noodles

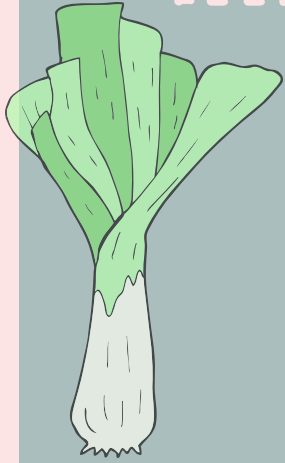
## METHOD

1. Crush the garlic and fry in a pan with the olive oil and ginger, add the boiled stock, soy sauce, and sliced chicken breast.
2. Simmer on a low heat for 20 minutes
3. Add the noodles and sweetcorn and cook until soft.
4. Serve with crusty bread or dumplings and a sprinkle of soy sauce.



# LEEK, POTATO AND PARMESAN SOUP

PREPARATION FOR A HEALTHY MEAL



## Ingredients

- 3 cloves of fresh garlic, crushed.
- 3 large fresh leeks
- 1 splash olive oil
- 1 large or 2 medium potatoes
- 1 can chickpeas
- Grated parmesan cheese

## Method

1. Thinly slice the leeks and fry in a pan with the olive oil and crushed garlic, cook for about 30 minutes on a low heat until soft, sweet and slightly golden.
2. Peel and cube the potato and cook in some water with the chickpeas until soft.
3. Drain the potatoes and chickpeas and retain most of the water for adding later
4. Add the potatoes, chickpeas and leeks back to the pan and mash them all together with a potato masher,
5. Add the water until you get your desired thickness of soup
6. Return to a low heat for approx 5 mins
7. Serve with grated parmesan and crusty bread.

