



Chicken and Barley Broth

(makes 4 servings)

A meal-in-a-bowl style soup but in no way heavy or overly-filling. I am a big fan of barley! My Scottish heritage? Yes, but also because this little grain packs a mighty punch nutritionally, has a lovely nutty taste and doesn't occasion that bloated feeling that occurs with many wheaty grains.

Ingredients

- 1 small chicken
- 20 cherry tomatoes
- 2 tablespoons light olive oil
- 1 medium onion, peeled and finely sliced
- 4 celery stalks, finely sliced
- 3 carrots, peeled and sliced or diced
- 1.5 litres chicken stock
- 5 small sprigs fresh thyme
- 150g barley, rinsed
- 150g green split peas, rinsed
- Sea salt and freshly ground black pepper
- 1 bag spinach leaves, roughly chopped

Method

Roast the chicken until cooked through, allow to cool slightly then remove the skin and chop the flesh into bite-sized pieces (or buy a small ready-roasted chicken).

Roast the tomatoes in a low oven for around 15 minutes or until they start to caramelise around the edges then remove from the oven and let them cool.

Warm the oil in a soup pot, add the onion, celery and carrot and gently sauté until just tender, about 8-10 minutes.

Add the stock and thyme, stir in the barley and split peas, bring to the boil then reduce the heat, cover and simmer for 25-30 minutes or until the barley and split peas are tender but still have a slight 'bite'.

Check the seasoning then add the chicken flesh, the roasted tomatoes and the spinach.

Stir everything very gently making sure the tomatoes don't break up too much then simmer for a further 5-10 minutes.

Check the seasoning again and serve.

NB: like all broths, the longer you leave them, the thicker they become so add boiling water before serving to achieve desired consistency.