



Lemon Chicken Soup

(makes 4 servings)

There's something rather special about the marriage of lemon and chicken, they just work and so does this soup. You can of course, reduce the amount of lemon you add but why would you? This is a zesty broth that is deliciously-light but the pasta creates a lovely texture and makes it quite filling and a little goes a long way so you needn't worry about your waistline!

Ingredients

2 tablespoons light olive oil
1 medium onion, peeled and finely sliced
1 carrot, peeled and sliced into thin discs
1 stalk celery, peeled and finely sliced
1 clove garlic, peeled and crushed
1.5 litres chicken stock
Zest and juice of 2 medium-sized lemons
1 bay leaf
250g orzo pasta (mini macaroni or orecchiette also work well)
2 large or 3 small skinless cooked chicken breasts shredded with forks
1 handful parsley leaves, finely chopped
Sea salt and freshly ground black pepper

Method

Warm the oil in a soup pot over a medium heat then gently sauté the onion, carrot and celery until tender (about 5-10 minutes).

Add the garlic and sauté for a further 5 minutes (don't let it burn).

Add the chicken stock, lemon zest, lemon juice and bay leaf and bring to a boil.

Reduce the heat, add the pasta and simmer, stirring occasionally for 6-8 minutes or until the pasta is cooked. Add the chicken and heat through for a further 5 minutes.

Remove the pot from the heat, remove the bay leaf and gently stir in the parsley.

Season to taste and serve.

NB: Pasta loves water and will swell up if the soup is not devoured fairly quickly so ensure you have some more stock to hand to add before eating to achieve the texture you like.