



## Light Chicken Broth

(makes 3 servings)

*There is not much I can say about this chicken soup other than that it feeds much, much more than the soul! My best friend and trusted soup guru, Jean threw this one together one evening when she had a few chicken thighs that were nearing their use-by date and the rest is now history. Trust me, you could live on this soup for 2 weeks and never get bored with it!*

### Ingredients

2 chicken thighs, skin on  
1 tablespoon olive or avocado oil  
2 stalks celery, peeled and finely sliced  
1 small onion, peeled and finely sliced  
1 small carrot, peeled and finely diced  
600mls chicken stock  
40g brown rice  
1 teaspoon horseradish sauce  
A generous bunch parsley, stalks removed and leaves very finely chopped  
Sea salt and freshly ground black pepper

### Method

Roast the chicken pieces in a medium to hot oven until the skins are crisp and the flesh is cooked through while you make the soup.

Warm the oil in a soup pot, add the celery, onion and carrot and sauté gently until the vegetables are tender (about 15 minutes).

Add the stock and bring slowly to the boil. Reduce the heat, add the rice and simmer, covered until the rice is cooked (around 20 minutes).

Skin the chicken pieces and shred/chop the flesh before adding to the soup with the horseradish sauce and parsley.

Stir well and season to taste.

**NB:** As rice soaks up a lot of liquid, you will probably have to add more stock or water to achieve the light, brothy experience if you are not supping this soup immediately and have refrigerated/frozen it for future use.