



Parsley Soup with Chicken Nuggets

(makes 2 servings)

This has become a great favourite with my soup fans. It is crazily-green, bursting with goodness and makes a great 'to go' soup if you flask it. You can also top it with other grilled meats, tofu croutons or toasted nuts and seeds for a bit of variety.

Ingredients

2 tablespoon good olive oil
1 small onion, peeled and finely sliced/chopped
1 small courgette, cleaned and diced
1 x 28g pack parsley, washed, stalks separated and leaves roughly shredded
1 small clove garlic, peeled and sliced/crushed
400mls chicken or vegetable stock
1 small bay leaf
Sea salt and freshly ground black pepper
1 small skinless chicken breast, chopped into bite-sized nuggets

Method

Warm 1 tablespoon of the olive oil in a soup pot, add the onion and courgette and gently sauté until tender but not coloured.

Add the parsley stalks and garlic and continue to sauté for a further 5 minutes.

Add the stock and bay leaf, bring to the boil, reduce the heat and simmer until the onions and courgette are soft. Add the parsley leaves, bring back just to the boil then remove the pot from the heat.

Transfer the soup to a blender and blitz until very smooth.

If it is a little too thick for your liking, add more stock or boiling water.

Strain into a clean pot, check the seasoning and keep on a low heat until ready to serve.

Put the remaining tablespoon of oil, a good pinch of salt and a few grindings of black pepper in a bowl, add the chicken nuggets and stir until they are well-coated, transfer to a baking sheet lined with tinfoil and grill under a medium heat, turning regularly until slightly crisp on the outside but still juicy inside.

Drain on kitchen or greaseproof paper, ladle the soup into bowls and top generously with the nuggets.