

Chicken, Thyme & Mushroom Soup

Makes: 4 Servings

Ingredients

2 tbsp olive oil
200g skinless chicken breast, finely diced
1 red onion, chopped
1 garlic clove, chopped
2 celery sticks, chopped
250g mushrooms, roughly chopped
1 tbsp chopped fresh thyme or 1 tsp dried thyme
1 tbsp Worcestershire sauce
700ml chicken stock, made with stock cubes
4 tbsp natural/greek yogurt



Instructions

1. **Fry vegetables and chicken:** Heat the oil in a large pan and fry the chicken for 5 minutes or until golden brown all over. Remove from the pan with a draining spoon and set aside. Add the onion, garlic and celery to the pan and cook for 5 minutes.
2. **Add the flavourings.** Add the chopped mushrooms, thyme and Worcestershire sauce. Season lightly and cook the vegetables for 2-3 minutes, stirring occasionally.
3. **Puree the soup.** Tip the mixture into a food processor or blender and add half the stock. Process until smooth, then return to the pan and add the remaining stock. Return the chicken to the pan and heat until boiling. Simmer for 3 minutes. Stir in 2 tbsp of yogurt and return to the boil.
4. **Serve.** Ladle into bowls and swirl a small spoonful of the remaining yogurt on to each serving, sprinkle some fresh thyme if desired.

Nutrition information:

per serving: 161 Kcal - Sat Fat 2.5g - Carbs 5g - Protein 14g