



Zucchini, Basil and Chicken Soup

Ingredients:

- 8 x Medium Zucchini
- 6 x Chicken Thighs
- 1 x Large Onion
- 2 x Cloves garlic
- 2 Sticks Celery
- 1 x Tbs dried basil.
- 2 x litres of Chicken Stock (Salt reduced)
- 1 tsp ground pepper (optional)



Method:

Roughly chop zucchini, onion, garlic and celery, fry off in a little olive oil, add stock and basil and bring to boil, then simmer till soft.

Meanwhile chop chicken into small bite size pieces.

Using stick blender, blend soup until smooth, add chicken and cook gently for 15-20minutes. Season with salt and pepper if required.

Serve and Enjoy

Don't forget the pinch of 