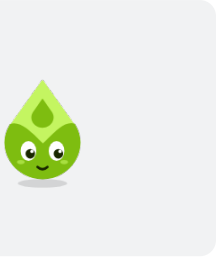
Lunch

Golden Spiced Chicken and Rice Soup

A warming pot of chicken soup where rice and split peas simmer in a spiced broth with carrot, finished with fresh coriander and a squeeze of lime.

40 min	307	42.6 g	3.6 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 1/2 cup long grain rice
- [ ] 1/4 cup green split peas
- [ ] 1/4 cup Australian Yellow Split Peas
- [ ] 1 tablespoon olive oil
- [ ] 1 onion, finely diced
- [ ] 2 garlic cloves, finely chopped
- [ ] 2 teaspoon curry powder
- [ ] 1 teaspoon ground cumin
- [ ] 4 cups chicken stock
- [ ] 2 cups water
- [ ] 2 small carrots, cut into 3cm matchsticks
- [ ] 1 cup shredded cooked chicken
- [ ] 1/4 cup coriander leaves, chopped
- [ ] Lime juice, for serving

Nutrition Facts

Per serving

Calories	307
Total fat	7.8 g
Saturated fat	Not listed
Sodium	689 mg
Total carbs	42.6 g
Fiber	5.5 g
Total sugars	3.6 g
Protein	19.4 g

Method

- [ ] **1** Rinse the long grain rice, Green Split Peas and Australian Yellow Split Peas, then drain and set aside.
- [ ] **2** Warm the olive oil in a large pot, add the onion and garlic and cook for 3-4 minutes until the onion softens.
- [ ] **3** Stir in the curry powder and ground cumin and cook for 1 more minute.
- [ ] **4** Pour in the chicken stock and water, add the rinsed rice mix and stir well.
- [ ] **5** Bring to the boil, lower the heat and simmer gently for 17 minutes, stirring regularly.
- [ ] **6** Stir in the carrots and shredded cooked chicken and keep at a gentle simmer for a further 8-10 minutes.
- [ ] **7** Fold in the coriander leaves just before serving and finish each bowl with lime juice.

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