

Matt Moran's chicken soup

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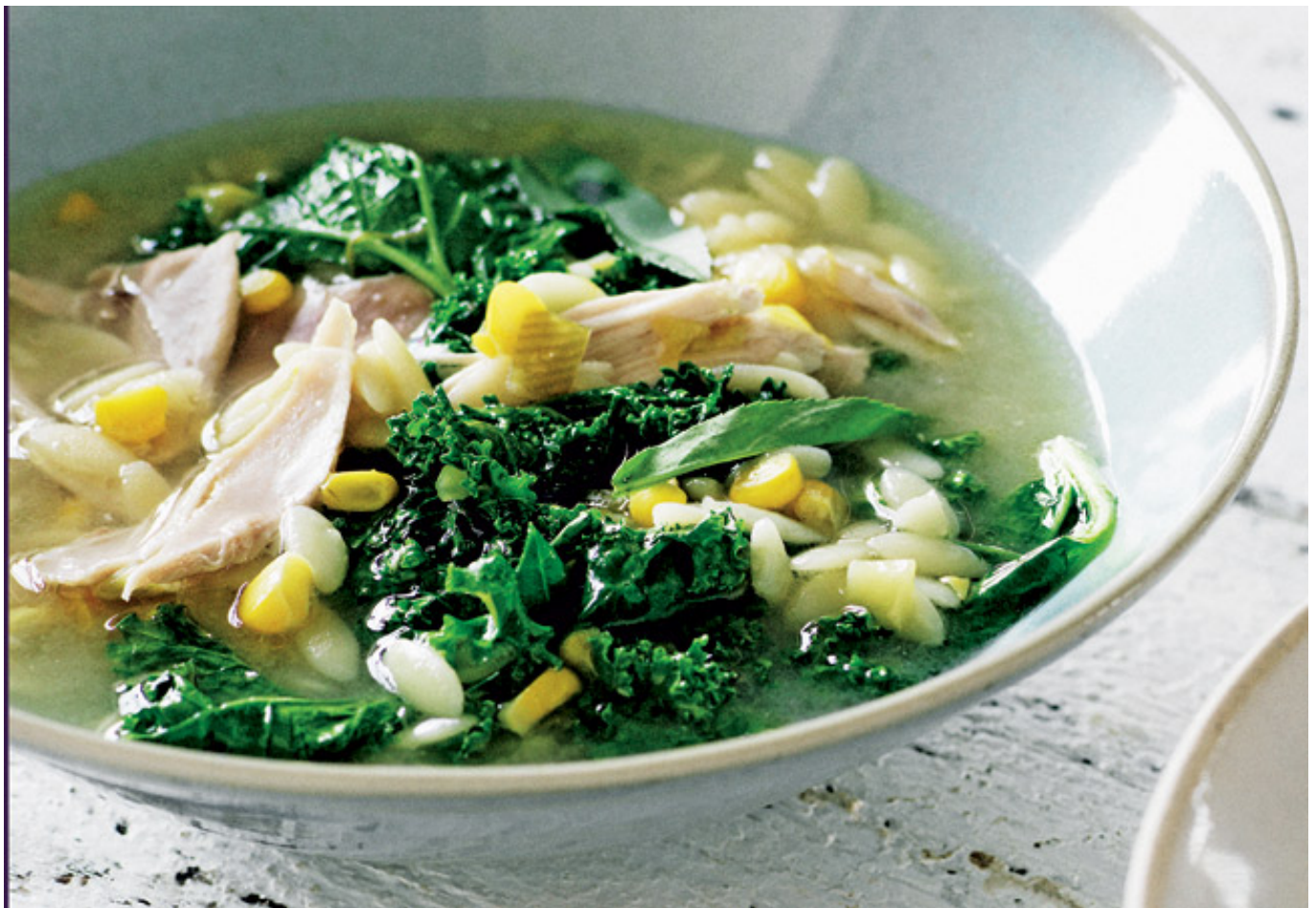
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There is nothing like a homemade chicken soup to make you feel healthy and happy! This recipe from Matt Moran includes plenty of fresh vegetables for a high-fibre boost.

Ingredients (serves 4)

- 1.2 kg [chicken](#)
- 3 L chicken stock
- 1 bay leaf
- 1 sprig thyme
- 1 cob [sweetcorn](#), husk and silk removed
- ½ bunch curly kale, trimmed
- 2 tbsp [olive oil](#)
- ½ leek, white part only, washed and chopped
- 150 g orzo (risoni) rice, or other small pasta
- ¼ bunch tarragon, leaves picked
- Salt and pepper

Method

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Place the chicken in a heavy-based saucepan and pour over the stock – the chicken should be completely covered (top up with a little water if it isn't). Add the bay leaf and thyme and season lightly with salt and pepper. Bring to a gentle simmer over medium heat, then reduce the heat to hold at a very gentle simmer for 30 minutes. Remove and leave the chicken to cool in the stock for 30 minutes. Remove the chicken (reserve the stock) and shred the meat, discarding the skin and bones. Set aside.

While the chicken is cooling, cut the corn kernels from the cob. Tear the kale leaves into bite-sized pieces and roughly chop the stalks. Heat the olive oil in a large heavy-based saucepan over medium heat. Add the leek and kale stalks, season with salt and pepper and cook for 5 minutes or until softened. Add the corn kernels and cook for 2 minutes, then add the kale leaves. Strain the reserved chicken stock and pour over the vegetables, then add the pasta and bring to the boil over high heat. Reduce the heat to low-medium and simmer for 10 minutes. Add the shredded chicken and tarragon, increase the heat to medium-high and return to the boil. Taste and adjust the seasoning, if required. Ladle into bowls and serve.

Recipe and images from *Matt's Kitchen Garden Cookbook* by [Matt Moran](#)

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