

# Chicken & Rice Soup

Allergens – **Celery**

## Ingredients

---

Quantity	Ingredient
450g	Cooked Chicken (finely chopped)
200g	Spring Onions (diced small)
400g	Carrots (diced small or grated)
250g	Easy Cook Rice
50g	<b>Chicken Bouillon Knorr</b> (contains <b>Celery</b> )
3ltr	Water
300g	Leeks (finely chopped)
50g	Fresh Parsley

## Method

---

1. Cook the carrots and leeks in the stock until tender.
2. Add the chicken and rice.
3. Bring to the boil and simmer for 10 minutes.
4. Add the diced spring onion and simmer for a few more minutes.
5. Sprinkle in the chopped parsley before serving.

### Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 91.7	= 1.5	= 0.6	= 1.5	= 0.7	= 13.3

**Portion size** - Primary – 200g

Reviewed May 2019