

# Chicken noodle soup

Serves 6

## Ingredients

- 1 tablespoon olive oil
- 1 clove garlic
- 1 onion
- 4 stalks of celery
- 3 carrots
- 1 litre vegetable or chicken stock, salt reduced
- 1 chicken breast
- 100g uncooked spaghetti, broken up into pieces



## Method

1. Crush garlic clove. Finely dice onion. Dice celery. Chop carrots.
2. Heat oil in a large saucepan and add onion and garlic. Cook until the onion has softened.
3. Stir through the remaining vegetables and add the stock.
4. When the soup reaches a boil, add the chicken breast and turn down the heat to a simmer. Simmer for 10-15 minutes or until the vegetables have softened.
5. Break spaghetti into pieces and add to the saucepan. At the same time, remove the chicken breast.
6. Shred the chicken breast with a fork and return the shredded chicken to the saucepan. Continue cooking until the spaghetti is al dente.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 392g		
	Per serve	Per 100g
Kilojoules (kJ)	701	179
Protein (g)	17.3	4.4
Total fat (g)	1.5	0.4
- Saturated fat (g)	0.5	0.1
Carbohydrates (g)	19.0	4.8
- Sugars (g)	6.9	1.8
Fibre (g)	4.5	1.2
Sodium (mg)	533	136

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.