



SMOKY CHICKEN & QUINOA SOUP (SERVES 8)

INGREDIENTS:

- 1 tablespoon vegetable oil
- 250g soffritto mix or soup base mix
- 2 tsp garlic puree
- 2 tsbp smoked paprika
- 1 tbsbp sweet paprika
- 700g chicken breast
- 2 tins of beans (pinto, black eyed or kidney for example)
- 1 butternut squash, peeled and chopped into chunks
- 2 tins of chopped tomatoes
- 1 jar of roasted red peppers
- 180g quinoa.
- 2 veg stock cubes

INSTRUCTIONS:

- Heat the oil in a large saucepan over a medium heat.
- Add the soffritto mix to the pan and sauté until the start to soften and look translucent.
- Add the garlic puree and paprika and cook for a couple of minutes.
- Add the chicken and brown it off for around 5 minutes.
- Add the butternut squash, tinned tomatoes, peppers, veg stock and 2 can of water.
- Bring the mixture up to the boil and then simmer for approximately 15 minutes.
- Add in the quinoa and the beans and allow to cook for a further 20 minutes. the butternut squash and chicken will be soft and the quinoa cooked through.
- season to taste.
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350 cals 37g P 40g C 3g F