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Ingredients

Makes 4 servings

- mild cooking oil spray or 2 tsp sunflower oil
- 2 medium leeks, trimmed and finely sliced
- 1.2 litres water
- 1 chicken stock cube
- 100g (½ a mug) easy-cook long grain rice
- 1 skinless cooked chicken breast (roughly 125g), torn into strips

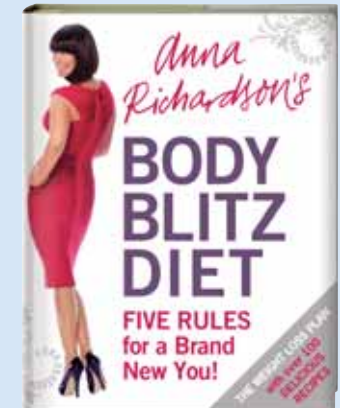
Anna's *Chicken and leek soup*

I often have chicken leftover from a roast, so this soup is the perfect way to use it up. Mind you, it's so delicious that I sometimes buy roasted chicken breasts just so I can make it! I've also discovered that kids love this soup, so it's a great one for all the family.

Mist a large saucepan with cooking oil, or pour the oil into the pan, and place over a medium heat. Add the leeks and fry gently for 5 minutes until softened, stirring frequently.

Pour over the water and add the stock cube, rice and chicken.

Bring to the boil and simmer for 10 minutes, stirring every now and then. Season with freshly ground black pepper before serving.



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