

BROCCOLI, CHEESE & CHICKEN SOUP

PREPARATION TIME: 10 minutes | COOKING TIME: 20 minutes | SERVINGS: 1

1 x 70g small chicken breast,
cut into strips
½ tsp (2.5ml) dried mixed herbs
salt and pepper, to taste
1½ Tbsp (22.5ml) olive oil
½ small onion, diced
2 cloves garlic, minced
1 cup (250ml) broccoli florets
1 cup (250ml) bone broth
½ tsp (2.5ml) mustard powder
50g cream cheese
40g cheddar cheese, grated

1. Season the chicken with dried herbs, salt and pepper. Heat half a tablespoon (7.5ml) of olive oil in a pot and cook the chicken for about 5 minutes until cooked through. Set aside.
2. Heat the remaining olive oil in the same pot and sauté the onion and garlic over a low-medium heat until soft and slightly caramelised.
3. Add the broccoli florets and sauté for another 2 minutes.
4. Stir in the broth, mustard powder and cream cheese and simmer for another 5–10 minutes until the broccoli is soft.
5. Stir in the chicken and half the grated cheddar cheese and allow to heat through. Season with salt and pepper to taste.
6. Serve the soup topped with the remaining grated cheese.

NUTRITION (per serving)

Protein	Net Carbs	Fat	Calories
37.7g (23%)	11.3g (8%)	51.4g (69%)	663kcal

