

# Fresh for kids™ Chicken & vegetable soup



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Serves: 4 kids  
Preparation: 20 minutes  
Cooking: 50 minutes

4 chicken thighs, skin and fat removed  
5 cups water  
2 medium carrots  
1 small onion, chopped  
1 bay leaf  
1 celery stick, finely diced

1 medium parsnip, peeled and finely diced  
1 medium potato, peeled and finely diced  
1 small zucchini, finely diced  
1 tbs kecap manis or soy sauce

1. Place chicken, 1 chopped carrot, onion and bay leaf into a medium saucepan and cover with water. Bring to the boil over medium-high heat, stirring occasionally. Reduce heat to medium-low, cover and cook for 20 minutes or until chicken is cooked through. Remove chicken from pan and set aside.
2. Skim any fat from top of stock, strain and return stock to pan. Finely dice remaining carrot and add to pan with celery, parsnip, potato and zucchini. Bring to the boil over medium-high heat, stirring occasionally. Cover, reduce heat to medium-low and simmer for 30 minutes.
3. Remove meat from chicken bones, finely chop and add to soup with kecap manis or soy sauce. Stir to combine and serve.



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