#AUSAdapts COOKING AT HOME

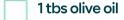
Speedy Chicken Soup



FRESH FOOD PARTNER

SERVES 4 PREP TIME: 5MIN COOKING TIME: 15MIN





2 cloves garlic, minced

400g bag Woolworths Simply Simmer Veg

400g can no-added-salt diced Italian tomatoes

1 cup salt-reduced chicken stock

11/2 cups macaroni, cooked

320g Woolworths hot roast chicken breast, skin removed

Parsley sprigs, to serve

4 wholemeal bread rolls, to serve

Heat oil in a medium saucepan over medium heat. Add garlic and sauté for 1 minute. Add the simmer veg, and cook, stirring, for 2 minutes.

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Add tomatoes, chicken stock and 4 cups of water. Season with pepper to taste. Cover and cook for 10 minutes or until vegetables are softened.

Stir in macaroni and chicken, divide amongst bowls. Garnish with parsley and serve with bread rolls

TIP: use a wholemeal pasta for an even healthier grain option.



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