



COOKING PASSION SINCE 1877

Rainbow vegetable chicken soup



Serves: 4

INGREDIENTS

8 chicken drumsticks
2 tbsp olive oil
½ tsp salt
½ tsp freshly ground black pepper
1 litre chicken **stock**
2 medium potatoes, peeled and chopped into bite-size chunks
2 medium carrots, peeled and chopped into bite-size chunks
100 g trimmed green beans (fresh or frozen)
1 yellow pepper, sliced
50 g rainbow chard
¼ red cabbage, thinly sliced
2 radishes, thinly sliced
1 tbsp finely chopped parsley

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

Preheat the oven to 190C CircoTherm.
Place the drumsticks in an oven-proof tray and drizzle on the oil. Sprinkle on half the salt and pepper.
Place in the oven, with medium added steam and cook for 25 minutes, until golden.
Place a large pan on the hob. Add the chicken drumsticks and any cooking juices from the tray into the pan (be sure to scrape up all the crispy bits from the tray. You can loosen it with a little of the chicken stock if needed).
Add the chicken stock to the pan along with the remaining salt and pepper, the potatoes and carrots, bring to the boil, then simmer for 12 minutes.
Add in the green beans and yellow peppers and simmer for a further 5 minutes.
Add in the chard and cook for 2-3 minutes to wilt. Turn down the heat to low.
Using a set of tongs, remove the chicken drumsticks and place them on a chopping board. Whilst holding the drumstick with the tongs, use a fork to shred the chicken off the bone. Place all the chicken meat back in the pan and discard the bones.
Stir the chicken into the soup and then spoon into four bowls. Decorate with thin slices of red cabbage and radish, and a sprinkling of parsley.