

# Immunity Boost Chicken Soup



4 servings



45 minutes

A nourishing bowl of goodness — this immunity-boosting chicken soup is packed with lean protein, antioxidant-rich turmeric, and gut-loving bone broth. Perfect for when you're feeling run down or just need a cosy, healthy meal, it's light yet satisfying, naturally low in fat, and brimming with flavour.

Macros per serve (with risoni, based on 4 servings)

Calories: -198 cal | Protein: -15 g | Carbs: -27 g | Fat: -2 g

👉 For a lower-calorie version, halve the risoni or swap for zucchini noodles; drops to -120 cal per serve.



## INGREDIENTS

- 500 ml natural chicken stock
- 1 cup chicken bone broth
- 150 g chicken breast, skinless
- 1 carrot, diced
- 1 celery stick, diced
- 1 onion, diced
- 2 tsp minced garlic
- 1 tsp minced ginger (optional)
- 2 tbsp powdered chicken stock
- 2 tsp turmeric
- ½ tsp paprika
- Salt & pepper to taste
- 100 g risoni or pasta/noodles of choice (optional)
- Water as needed
- Fresh parsley, finely chopped

## METHOD

1. Brown the chicken: Season chicken breast with salt and pepper. Heat a pot over medium heat, add a small spray of oil or non-stick spray, and brown on both sides. Remove and set aside.
2. Sauté aromatics: In the same pot, add onion and cook for 2–3 min until softened. Stir in garlic and ginger, cooking for 1 min.
3. Add vegetables: Stir in carrot and celery, cooking for another 2–3 min.
4. Spice it up: Add turmeric, paprika, bay leaves, and powdered chicken stock. Stir until fragrant (about 1 min).
5. Simmer: Return chicken to the pot. Add natural chicken stock, bone broth, and enough water to cover ingredients. Bring to a boil, then reduce to a simmer for 20–30 min until chicken is cooked through.
6. Cook pasta: In a separate pot, cook risoni/pasta according to package instructions. Drain and set aside.
7. Shred & serve: Shred chicken into bite-sized pieces. Stir pasta into soup. Season with salt to taste.
8. Garnish: Ladle into bowls, top with fresh parsley, and enjoy warm.