

## **Chicken and Rice Soup with an Asian Twist.**

Serves 8

The line up of ingredients is:

2 6 oz chicken breasts  
2 tbsp sesame oil  
2 carrots  
2 ribs of celery  
4 scallions  
5 Baby Bok Choy  
1 lemon grass or (1 lemon zest and juiced)  
1 small tin water slices chestnuts  
1 medium red pepper  
½ cup rice vinegar  
½ cup tamari soy sauce  
1 tsp Sriracha hot sauce  
1 1/2 litres gluten free chicken stock  
1 ½ cups of cooked brown and long grain rice

Cut the chicken into 1" pieces. Over medium high heat add oil and sauté the chicken in soup pot for five minutes, remove with a slotted spoon and set aside. Cut vegetable into 1" pieces and sweat in pot for about five minutes. Add remaining ingredients with the exception of the chicken and cooked rice to the pot, cover and cook over medium heat for 35 minutes. Add the chicken and cooked rice and simmer for another 5-10 minutes to heat through. Remove the lemon grass stalks and serve.

### **Did you know?**

The water chestnut is actually not a nut at all, but an aquatic vegetable that grows in marshes. Nutritionally, water chestnuts are a good source of potassium and fibre. They are low in sodium, and fat is virtually non-existent I am adding this for crunch. Bok Choy is rich in Vitamin C, calcium and fibre.

Lemon grass is very fragrant and is commonly used in Asian cooking. When using in soups I take the back of a knife and bruise the stalk cut it into 3 pieces and put in the soup. If you are unable to find lemon grass you can use the zest and juice of a lemon.

Sesame oil has a high smoke point and a nice nutty flavour