



HELPING KEEP TASSIE KIDS HEALTHY!

Chicken Noodle Soup | **Green recipe**

Prep time 15 minutes

Cooking time: 20min

Serves 8

Ingredients:

- 1 carrot, chopped
- 1 onion, chopped
- 1 bay leaf
- 1 sprig thyme
- 4 parsley stalks
- 45g dried noodles, gently crushed
- 250g chicken thigh fillets, finely chopped
- 2 tbs chopped parsley
- 2 chicken stock cubes dissolved in 8 cups of water.

Method:

Place vegetables and chicken in pot with stock. Bring to the boil slowly. Add noodles and return to the boil and simmer for 8 minutes or until tender. Add parsley just before serving.