

Chicken & Veggie Soup & Egg Custard



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 4 (600g) Skinless chicken breasts
- 2 Bay leaves
- 6 Pepper corns
- 1 Carrot
- ½ Celery (or celeriac)
- 1 Leek
- 1 Onion
- 1 tbsp Olive oil
- 2 Eggs
- 2 Egg yolk
- 1 cup Milk
- 1 pinch Nutmeg
- ¼ bunch ea Parsley, chives, tarragon (finely chopped)
- 1 pinch Salt
- Spray oil

Method

1. Place chicken, bay leaves and peppercorns into a large pot, cover with cold water and bring to the boil. In a bowl mix together eggs, yolks, milk, nutmeg, herbs and season.
2. Lightly spray a bowl that fits onto the pot with the chicken with spray oil, add egg mixture, place onto pot and cover with a lid. Steam egg mixture for about 20 minutes or until set. Set aside to cool, once cold, remove from bowl and cut into cubes.
3. Simmer chicken until tender, take out of the stock and set aside to cool. Wash, peel and dice the vegetables.
4. In a saucepan heat the oil, sauté the vegetables lightly without colour. Add chicken stock through a strainer and simmer until vegetables are tender.
5. Take chicken and cut into bite size chunks, place back into the stock and vegetables.
6. Add egg custard and serve.

Notes

Get creative and cut the egg custard with a fun shaped pastry cutter

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
372g	1520kJ 363kcal	42.7g	15.7g	4.4g	10.3g	10.1g	207mg	4.2g

All nutrition values are per serve.