

# Greek Egg Lemon Soup with Chicken



Preparation time: 30 mins

Serves: 6 people

User Rating: ★★★★★

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## Ingredients

1 and 1/2 cup risoni pasta

3 litres chicken stock (homemade or store-bought)

4 eggs

2 small lemons

2 bay leaves

500g chicken thighs

2 cups chopped silverbeet

olive oil

parsley

## Method

1. Place stock in a pot and bring to boil. Add risoni and cook for 5-6 minutes.
2. Beat eggs together in a separate bowl. Add the lemon juice from the two small lemons and whisk together. Set aside.
3. Reduce heat until stock stops boiling. Take a half cup measure of stock, careful not to scoop any risoni, and pour into egg mixture, whisking to combine. The mixture should remain smooth without any scrambled pieces of eggs.
4. Add another ½ cup of stock to the eggs and whisk, repeating 3-4 times.
5. Then pour egg mixture back into pot with risoni and stir. Simmer for 5 or so minutes, being careful to not boil it.
6. Add silverbeet. Simmer for 10-15 minutes until soup thickens stirring occasionally. Remove bay leaves.
7. In the meantime, place a drizzle of olive oil and chicken thighs into a pan and cook until golden brown, turning as needed. Set aside and slice.
8. Once soup is thickened, serve and place some shredded chicken on top of each bowl with a generous amount of chopped parsley. Enjoy!

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>663g</b>	<b>1190kj</b> <b>284kcal</b>	<b>24.8g</b>	<b>10g</b>	<b>2.8g</b>	<b>22.2g</b>	<b>1.2g</b>	<b>1980mg</b>	<b>1.7g</b>

All nutrition values are per serve.