

SPICED CHICKEN, LENTIL AND CAULIFLOWER SOUP

Prep time
15 mins

Cook time
30 mins

Serves
4



GREAT FAMILY MEAL



HIGH IN PROTEIN



EASIER TO DIGEST

Easy, delicious and nutritious!

Join passionate foodie and pancreatic cancer survivor Tino, as he cooks his favourite, nutritious meals in the PanChef kitchen.

pancare.org.au/panchef



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INGREDIENTS

- 2 tablespoons of vegetable oil
- 500 grams of chicken thigh pieces
- ¼ cup of marsala curry paste
- 1.5 litres of chicken stock
- 1 brown onion – diced
- ½ cup soaked barley
- ½ cauliflower cut into small pieces
- 150 grams of baby spinach
- 270 ml of coconut cream
- ½ cup of natural yoghurt

METHOD

Heat 2 tablespoons of vegetable oil in a large saucepan. Add chicken pieces and stir for 2-3 minutes, then add your chopped onion cooking for a further 2 minutes.

Add the curry paste and cook for a further 2 minutes. Then add the chicken stock, barley and cauliflower, and stir. Bring to the boil, then simmer for 20-25 minutes. Add the spinach and coconut cream, and heat through.

To serve

Ladle into bowls and add dollops of the natural yoghurt on top.

Handy dietary tips

- A nutritionally balanced and nourishing diet is one that contains adequate kilojoules (energy) and protein to meet your individual needs.
- You may like to include an alternate protein such as chickpeas, which provides a vegetarian and highly nutritious meal.