

MARLEY SPOON



Persian Chicken Soup

with Lemon and Chickpeas



30-40min



2 Portions

Cleanse your system (and soul) with this warming, immune-boosting, invigorating take on chicken soup. Inspired by Persian cuisine, we've added lemon rind and juice for tang and Vitamin C, and spiced it up with turmeric for a golden-yellow hue and extra antioxidants. Chickpeas also boost the nutritional content and make this soup a winning winter recipe.

What we send

- 1 celery stalk, 1 garlic clove and coriander
- 2 carrots, 1 onion and 1 lemon
- turmeric cumin cardamon mix
- chickpeas
- free-range chicken breast fillet
- chicken stock powder

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- large saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

May contain traces of allergenic ingredients.

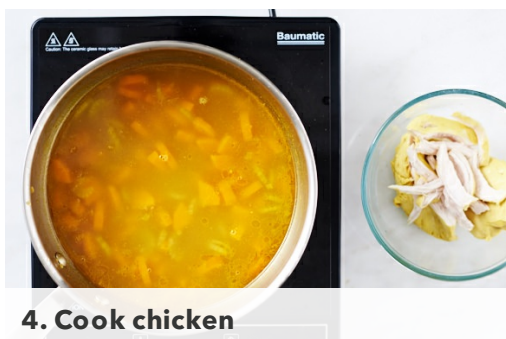
Nutrition per serving

Energy 500.0kcal, Fat 12.7g, Proteins 49.7g, Carbs 36.3g



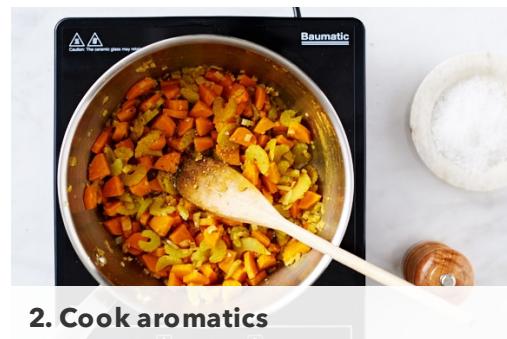
1. Prepare ingredients

Finely chop the **garlic** and the **onion**. Thinly slice the **celery**. Peel and quarter the **carrots** lengthwise, then into 1cm slices. Combine the **chicken stock** with the **boiling water** (see staples list). Set aside.



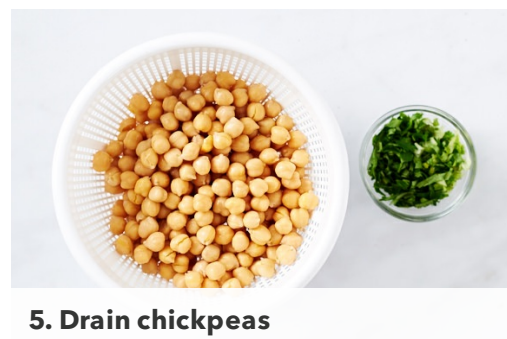
4. Cook chicken

Add the **stock** and **lemon rind** to the carrot mixture. Bring to the boil, then reduce heat to medium. Add the **chicken**, cover with a lid and simmer for 4-5 mins until the chicken is just cooked through. Remove with tongs and set aside. Shred chicken when cool enough to handle.



2. Cook aromatics

Heat the **oil** in a large saucepan over medium heat. Add the **garlic**, **onion**, **celery** and **carrot**. Cook, stirring, for 4-5 mins until slightly softened. Add the **spice blend**, **salt** and **pepper**, and cook, stirring, for 1 min or until fragrant.



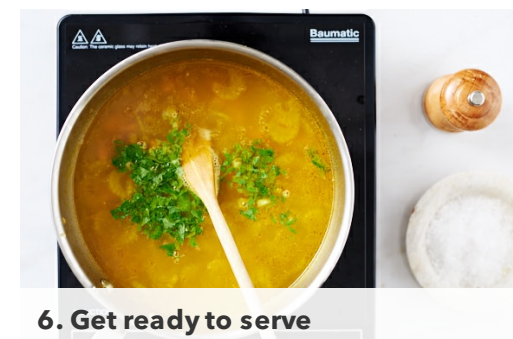
5. Drain chickpeas

While the chicken is cooking, drain and rinse the **chickpeas** in a sieve. Finely chop the **coriander**, including the stems.



3. Prepare lemon and chicken

While vegetables are cooking, using a vegetable peeler, peel 2 wide strips of rind from the **lemon**, then cut the **lemon** into wedges. Set aside. Put the **chicken** onto a board. Place your hand on top and carefully slice in half horizontally through the middle.



6. Get ready to serve

Stir the **chickpeas** into the soup, cover with a lid and return to a simmer. Stir in the **coriander** and season with **salt** and **pepper**. Divide among bowls and top with shredded chicken. Serve with **lemon wedges**.