

# MARLEY SPOON



## Persian Chicken Soup

with Lemon and Chickpeas



30-40min



4 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

- 3 carrots, 1 onion and 1 lemon
- turmeric cumin cardamon mix
- free-range chicken breast fillets
- 3 celery stalks, coriander and 2 garlic cloves
- chickpeas
- 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.

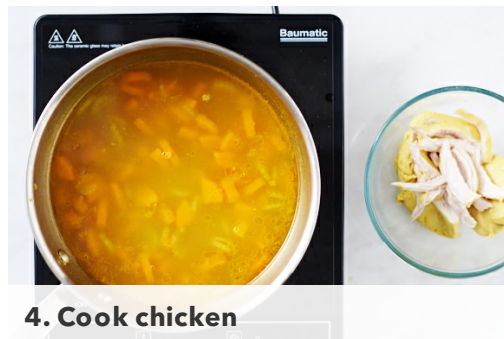
### Nutrition per serving

Energy 400.0kcal, Fat 8.0g, Proteins 50.2g, Carbs 23.0g



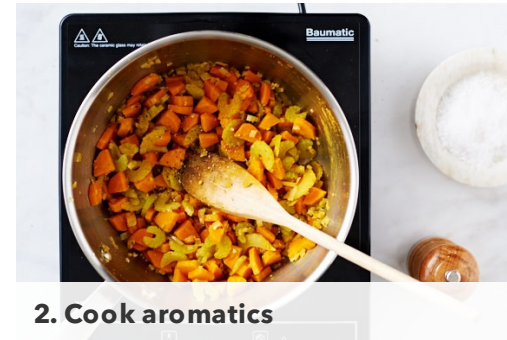
1. Prepare ingredients

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



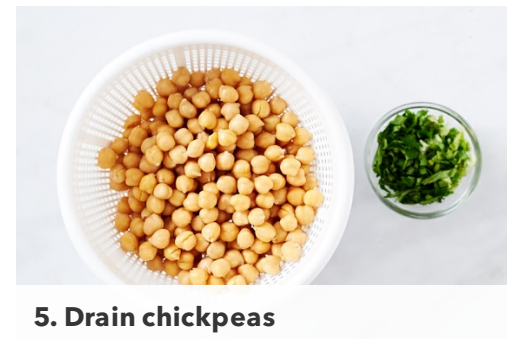
4. Cook chicken

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.



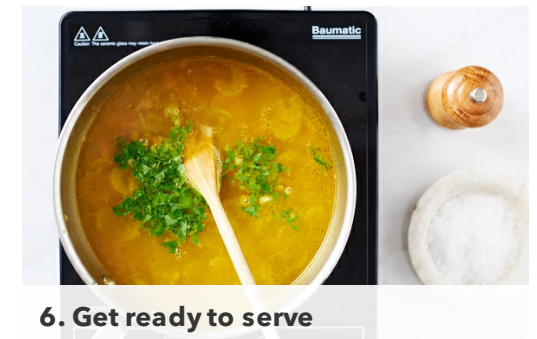
5. Drain chickpeas

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

Meanwhile, using a vegetable peeler, peel 4 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**.