



CURRIED CHICKEN AND COCONUT SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

1 tablespoon olive oil
1 onion
1 tablespoon grated ginger
1 tablespoon medium curry powder
250g chestnut mushrooms
1 lemon grass stalk, chopped
1 lime, juiced
1 can coconut milk
250ml chicken broth/stock
1 courgette, spiralled into 'noodles'
2 tablespoon fresh coriander
leftover cooked chicken
1/2 teaspoon chilli flakes (optional)

METHOD

1. Heat the oil in a large pan and cook the onion and ginger over a gentle heat for 8 minutes.
2. Add in the curry powder, mushrooms and lemongrass.
3. Once the mushrooms are cooked through, add the lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
4. During the last minute, add the courgette noodles and chicken to warm through.
5. Divide between bowls and top with coriander and red chilli flakes, if using.