

## Immunity chicken soup

With so many colds, Covid and the flu currently doing the rounds I wanted to share this nourishing immunity chicken soup that is perfect for when feeling under the weather.

Garlic and ginger have natural antiviral and antibacterial properties, while the active compound in turmeric called curcumin, and amino acids in bone broth have natural anti-inflammatory and immune properties. I also add a good squeeze of lemon juice to boost the vitamin C content.

Serves 4

Prep: 15 min

Cook: 30 min

1 tbs extra-virgin olive oil  
1 onion, finely chopped  
2 sticks celery, diced  
3 carrots, peeled, cut into chunks  
2 garlic cloves, crushed  
1 tbs finely grated fresh ginger  
2 tsp finely grated fresh or ½ tsp ground turmeric  
2 x 200g chicken breast fillets  
1 litre chicken bone broth or stock (I made using 1 tbs @nutraorganics natural chicken bone both concentrate)  
½ cup quinoa, rinsed, drained  
2 cups green veggies of choice (I used sliced green beans and peas)  
2 large handfuls baby spinach leaves

**1** Heat the oil in a large saucepan over high heat. Add onion, celery and carrots and cook, stirring, for 5 minutes or until softened. Add garlic, ginger and turmeric and cook, stirring, for 1-2 minutes or until fragrant.

**2** Add chicken to pan. Add quinoa, bone broth and 1 cup (250ml) water and bring to the boil. Reduce heat to low and simmer, covered, for 10 minutes. Remove chicken and set aside on a clean board. Simmer soup for a further 10 minutes or until quinoa is tender. Meanwhile, shred chicken with 2 forks.

**3** Return chicken to soup and add the green veggies. Simmer for a further 5 minutes, or until veg are tender. Stir through spinach and season to taste with black pepper and a squeeze of lemon juice if desired.

Tip: Soup freezes well in airtight containers for up to 1 month.