

Eating with Soula

Martin's Poached Lemon Chicken Soup

**1 litre/33 fl ozs chicken stock
(bought or made)**
2 chicken breasts
1 cup brown rice (microwavable)
2 star anise
2 cloves
2 lemons, sliced
A handful of thyme
**Pepper (careful with salt as the
stock will have some, so taste it)**

Preparation Time

15 minutes

Cooking Time

10 minutes

Serves 4

Place all the ingredients into a saucepan, bring to a gentle boil.

Add two chicken breasts, then let boil for 2 minutes covered; then remove them from heat and leave to stand for 10 minutes covered. The chicken will be cooked perfectly and so juicy!

For ease, I bought a 250gm microwaveable brown rice bag...90 seconds in microwave!

Share the rice between two soup bowls, slice the chicken breasts and arrange them on the rice. Cover with lemon broth, garnish with lemon slice, shallots, sprigs of thyme and a drizzle of extra virgin olive oil.

Add a side of steamed broccolini or other greens.

