

Chicken and Brown Rice Spicy Soup

Serves 2



Prep time: 10 mins

Cook time: 20 mins

Ingredients:

- 1 cup (200g) cooked brown rice
- 2 tbsp red curry paste
- 100ml low-fat coconut milk
- 100ml low-fat milk
- 100ml water
- 1 onion, quartered
- 1 thumb size of fresh ginger, sliced
- 1 green capsicum, roughly chopped
- 1 carrot, sliced
- 2 tomatoes, diced
- 200g lean chicken, sliced (can be replaced with other meats such as beef or fish)
- 3 tablespoons fresh coriander leaves, roughly chopped or 1 tablespoon dried coriander
- 3 kaffir lime leaves, sliced

Method:

1. In a heated pot, add the curry paste, onion and ginger and stir fry for about 1 minute.
2. Add the chicken, vegetables, coconut milk, milk and water to the pot. Mix well and bring to boil.
3. Bring to a simmer for 10-15 minutes or until chicken is cooked through and vegetables are tender.
4. Add the rice, coriander and lime leaves to the pot and bring back to simmer for 2 minutes.
5. Serve hot.

Protein
Calcium



Healthier Eating Tips

Reducing the amount of salt consumed can help manage high blood pressure. Cutting out the salt doesn't mean you have cut out the flavour. Use herbs and spices to give flavour to your food.

If you have problems chewing, stews and soups are really good ways to soften food. Rice and vegetables can be softened by cooking them longer. Swap chicken for fish and minced meat for easy chewing.

