



CHICKEN, CHILLI, ORZO AND LEMON BROTH

Ingredients:

- 1 litre fresh chicken stock
- 1 litre BRITA filtered water
- 200g orzo pasta
- 1 medium free range chicken, cut into 8/10 pieces
- 1 onion, finely sliced
- 3 garlic cloves, finely chopped
- 4 vine ripened tomatoes, pureed
- 2 tbsp olive oil
- A few sprigs of fresh thyme
- A pinch of dried chilli flakes
- A small bunch of flat leaf parsley
- 2 handfuls of baby spinach leaves
- Zest and juice of 1 lemon

Serves: 4

Preparation time: 25 minutes

Cooking time: 50 minutes

Heat the oil in a deep saucepan over a medium heat. Season with salt and pepper and fry the chicken pieces in batches until browned. Remove from the pan and set aside.

Add the onion to the pan and fry on a low heat for about 10 minutes, until soft. Add the garlic and chilli flakes and cook for a further minute. Stir in the tomatoes and turn up the heat. Pour in the chicken stock and BRITA filtered water and then add the chicken and thyme. Cook for 25 minutes until the liquid has reduced by 1cm.

Remove the chicken from the pan and shred the meat off the bone. Add the shredded chicken back into the pan with the orzo. Cook for 10 minutes until almost tender. Add the spinach, parsley, lemon juice and zest and serve.

eat...

