



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Chicken Zoodle Soup SERVES approx. 4

CATEGORY Main Dish PREP TIME 10 min COOK TIME 40 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE

GLUTEN FREE

DAIRY FREE

INGREDIENTS

2 medium	zucchini	1/2 cup	thinly chopped green onions
3 tbsp	avocado oil	6 cups	chicken bone broth
1 lb	boneless, skinless chicken thighs (cut to 1 inch cubes)	1 tsp	dried basil
1 cup	diced carrots	1 tsp	dried oregano
1 cup	diced celery	1 tsp	sea salt
		1/4 tsp	black pepper

DIRECTIONS

1. Spiralize zucchini to your desired zoodle size & set aside.
2. In a large sauce pot, preheat oil on a medium heat.
3. Add garlic and crisp to a light golden brown, stirring frequently.
4. Add cubed chicken and brown each side approx 8-10 min.
5. Add carrots, celery & green onions and continue to cook another 5 min.
6. Add bone broth, basil, oregano, salt & pepper, cover pot and bring to boil.
7. Once a boil is reached, reduce heat and simmer for 18 minutes.
8. Add zoodles and simmer an additional 2-3 minutes or until zoodles become tender.
9. Remove from heat and serve when ready.

MY NOTES
