

Chicken and Veggie Soup

| Ingredients | 20 serves | 50 serves | 100 serves |
|-------------------|-----------------|-----------|------------|
| Yellow split peas | 1 cup (200g) | 2.5 cups | 5 cups |
| Chicken breast | 1kg | 2.5kg | 5kg |
| Brown onion | 1 (250g) | 2.5 | 5 |
| Carrot | 2 (250g) | 5 | 10 |
| Celery | 2 stalks (200g) | 5 stalks | 10 stalks |
| Potato | 2 (350g) | 5 | 10 |
| Garlic cloves | 2 cloves | 5 cloves | 10 cloves |
| Olive oil | 40mL | 60mL | 120mL |
| Frozen corn | 500g | 1.25kg | 2.5kg |
| Chicken stock | 3L | 7.5L | 16L |
| Bay leaves | 2 | 5 | 10 |

45 min prep time

60 min cook time



Serving notes:

Serve with a small bread roll and garnish with parsley

Allergy note:

Gluten and dairy free



1 COOK

Cook split peas according to instructions (~30 min). When cooked, drain and set aside.



2 CHOP

Butterfly chicken breasts. Dice onion, carrot, celery, potato and garlic.



3 COMBINE

Add oil to soup pot and sauté onion, carrot, celery and garlic for 5 min or until softened.



4 MEASURE

Add potato, corn, stock and bay leaves to pot and bring to boil before reducing to a simmer.



5 COOK

Add chicken into soup and poach for 5-10 minutes until cooked. Remove from pot and shred. Can shred using forks or electric hand/stand mixer.



6 SERVE

Add cooked split peas. Leave soup as is or blend. Add chicken and stir through.