



CHICKEN MUSHROOM  
& TARRAGON SOUP

This is my first recipe for a lean soup and it's not as green as you might imagine! It's really simple to make, very filling and the addition of the cheesy green beans is a nice touch I feel. Hope you like it!

**INGREDIENTS FOR 1 SERVING**

<p><b>Nutrition</b> Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 352      Protein 39.5 g Carbs 21.7 g      Fat 12.4 g Sugar 7 g      Sat Fat 7.7 g Fibre 7.2 g      Sodium 1.4 g</p> <p>Breakdown of calories per serving</p>	120g	Chicken breast, chopped into chunks
	25g	Onions, chopped
	50g	Mushrooms, sliced
	95g	Courgette, peeled & diced
	½ tsp	Dried tarragon
	5g	Butter
	1	Garlic clove, crushed or chopped
	600 ml	Boiling water
	1	Chicken stock cube
	20g	Cheddar cheese, grated
	30g	Reduced fat sour cream
	149g	Green beans
		Salt & Pepper

## METHOD

- Take a medium saucepan and pop it onto a low heat.
- Add the butter, chopped onion along with the garlic and cook this on a low heat until the onion softens.
- This will take approx 5-10 minutes and the butter will start to caramelize a little.
- At this point add your mushrooms and courgette pieces and cook for a few minutes to soften.
- Add your boiling water to the pan, sprinkle the stock cube into the pan, stir it well to dissolve the stock cube and add the tarragon.
- Turn the heat up and bring the pan to the boil, then add your chicken.
- After a couple of minutes, reduce the pan to a simmer and allow the pan to simmer for at least 10 minutes to poach the chicken and to reduce the stock.
- When you're happy that the chicken is cooked take out one third of your chicken along with approximately 6-8 mushroom pieces to act as a garnish and set them aside.
- Take the pan off the heat and using a stick blender carefully blend the soup until it's smooth.
- The blended chicken gives the soup a lovely creamy appearance and if you feel the soup is still a little watery reduce it for another 5 minutes on a medium high heat, but remember it won't be as thick as a conventional soup because there are no traditional thickening agents like potato.
- Preheat your grill to its highest setting.
- Steam your green beans.
- When they are cooked to your liking, pop them in a small ceramic dish, cover them with the grated cheddar and pop them under the grill so melt the cheese.
- When the cheese has turned golden brown, remove the beans from the grill and set them aside ready for serving.
- When you're happy with the consistency of your soup, taste it to check the seasoning and take it off the heat.
- Stir through your reduced fat sour cream to add an element of luxury to the soup.
- Take the chicken that you set aside earlier, shred it into smallish pieces, pour your soup into your bowl and top with the shredded chicken and mushroom slices.
- Serve your soup with your green bean cheese straws and dig in!

## NOTES

- I like to use low salt stock cubes.
- Feel free to change the green beans to another green.

