

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Chicken and Leek Soup

Ingredients

400g chicken tenderloins

2 cups of organic chicken stock

3 leeks, sliced

200g of unsalted butter

½ tsp of dill

Salt and pepper

Method

1. Heat frying pan to a medium heat and melt butter.
2. Add sliced leeks and simmer until soft.
3. Add chicken tenderloins and organic chicken stock stir and continue to simmer for 25 minutes.
4. Add dill and salt and pepper to taste.
5. Garnish and serve.



Preparation Time: 10 minutes

Cooking Time: 35 minutes

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Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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