



TOMATO RICE & ORANGE SOUP WITH SHREDDED CHICKEN

Serves 6

3 cups chicken stock
2 skinless chicken breasts
2 tablespoons olive oil
1 large onion, finely chopped
2 cloves garlic, finely chopped
2 teaspoons coriander seeds, toasted and ground (or use ready ground coriander)
Zest and juice of 1 orange
2 x 400g chopped tomatoes
1 teaspoon sea salt
½ cup long grain rice
sea salt & pepper

1. Heat the chicken stock and poached the chicken breasts in it for 12-15 minutes until cooked. Remove the chicken, reserving the stock, and when cool enough to handle shred the meat and then set aside.
2. In a large saucepan, heat the oil and fry the onion and garlic until soft but not coloured. Add the ground coriander and orange zest, and cook for one minute. Add the tomatoes, reserved stock and salt. Bring to the boil and simmer for 15 minutes.
3. Add the rice and cook for 15 minutes or until tender.
4. Add the shredded chicken, orange juice and fresh coriander. Season with salt and pepper.