

Enchilada soup

200g fresh chicken breast
1½ tbsps olive oil
1 tsp sea salt
60g yellow onion, chopped
60g celery, chopped
½ a red capsicum, chopped
2 garlic cloves, crushed
½ tsp dried chilli flakes
½ tbsp paprika
½ tbsp ground cumin
2 litres vegetable stock (made with one organic stock cube)
400g tinned tomatoes
35g tinned kidney beans, rinsed and drained
40g tinned sweetcorn, rinsed and drained
60g avocado, sliced
10g fresh coriander, chopped
15g mozzarella cheese, grated

SERVES 2



PER SERVING:
416 Calories
26g Carbs
33g Protein
20g Fat

Preheat oven to 180°C/350°F. Place the chicken onto a foil-lined baking tray. Drizzle 1 tbsp olive oil over the chicken and season with ½ tsp sea salt.

Bake for 15-20 minutes, or until golden. Rest for 5 minutes then shred with a fork.

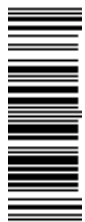
In a large saucepan, heat the remaining oil over a medium flame. Add the onion, celery, capsicum and garlic. Cook for 5 minutes, stirring occasionally.

Add the dried spices, remaining salt, stock and tinned tomatoes. Bring to a boil then reduce heat and simmer for 15 minutes.

Add the kidney beans and sweetcorn. Stir well and simmer for 10 minutes.

Remove the saucepan from the heat and stir in the chicken. Serve topped with avocado, coriander and cheese.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL