

Good for batch cooking



Chicken, kale and barley soup

Serves 1

1½ tsp olive oil

1 carrot, peeled and chopped

1 stick celery, chopped

½ leek, chopped

60g new potatoes, diced

1 chicken stock cube, made up with 400ml boiling water

40g pearl barley

100g kale, shredded

145g cooked chicken breast, cut into bite-sized pieces

Salt and pepper

Method

Heat the oil in a saucepan, add the vegetables and potatoes and fry gently for 5 minutes until softened. Pour in the stock and barley and bring to the boil. Turn down the heat then cover and simmer for 20 minutes until the barley is cooked through and the vegetables are soft.

Stir in the kale and chicken and cook gently for 3–4 minutes until the kale is soft. Season to taste then serve.

Tips

This dish uses cooked chicken breast but you can cook your own if you'd prefer. The best way is to poach a whole chicken breast. Drop it into a pan of boiling water, bring it back up to the boil then cover the pan with a lid and remove from the heat. Leave it to stand for 10 minutes then remove the chicken and leave to cool slightly. To check that it's cooked, slice into the thickest part and make sure there's no pink meat.

The best way to freeze this dish is to leave it to cool completely then spoon portions into individual freezer bags. Lay on a tray and freeze flat. By freezing it in a flat sheet it'll defrost far more quickly and also take up less freezer space.