

Cauliflower Chicken Soup



Low carb and delicious!



4-6 servings



60 minutes

INGREDIENTS

- 2 tbsp. vegetable oil
- 1 medium onion, chopped
- 5 cloves garlic, smashed
- 1 5cm piece fresh ginger, sliced
- 1 small cauliflower, cut into florets
- (Note: can buy pre-packaged cauli rice to save time)*
- 3/4 tsp. crushed chilli flakes
- 1 medium carrot, peeled and thinly sliced on a bias
- 1 1/2 container of low-sodium chicken stock
- 1 stalk celery, thinly sliced
- 2 boneless skinless chicken breasts
- Freshly chopped parsley, for garnish

DIRECTIONS

1. In a large pot over medium heat, heat oil. Add onion, garlic and ginger. Cook until beginning to brown.
2. Meanwhile, pulse cauliflower in a food processor until broken down into rice-sized granules. Add cauliflower to pot with onion mixture and cook over medium high heat until beginning to brown, about 8 minutes.
3. Add chilli flakes, carrots, celery and chicken stock and bring to a simmer. Add chicken breasts and let cook gently until they reach an internal temperature of 163 F, about 15 minutes. Remove from pan, let cool until cool enough to handle, and shred. Meanwhile, continue simmering until vegetables are tender, 3 to 5 minutes more.
4. Remove ginger from pot, and add shredded chicken back to soup. Season to taste with salt and pepper, then garnish with parsley before serving.