






## COCONUT, CHICKEN & VEGETABLE BROTH

-  **Prep: 10 minutes**
-  **Cook: 10 minutes**
-  **Serves: 4**

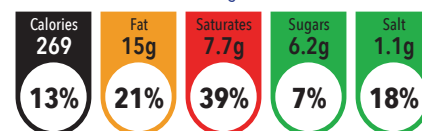
### Ingredients:

- ½ tbsp oil
- 1 courgette, grated
- 1 carrot, grated
- 4 spring onions, sliced
- 1 tbsp grated fresh ginger
- 250g pak choi, sliced
- 1 tsp **LoSalt**
- 1 very low salt chicken stock cube
- 400g can reduced fat coconut milk
- 300g roast chicken, shredded
- 1 tsp fish sauce

### Method:

1. Heat the oil in a large saucepan and fry the courgette, carrot, spring onions, ginger, the white parts of the pak choi and **LoSalt** and fry for 4-5 minutes.
2. Dissolve the stock cube in 400ml boiling water and add to the pan with the coconut milk and the chicken, bring to the boil then stir in the green parts of the pak choi and fish sauce and heat until just wilted.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Make ahead and freeze individual portions, simple defrost before reheating. Serve with a wedge of lime to squeeze over.