

COMBINING RIGHT RECIPES

MAINS

Protein

Tomato Soup with chicken – serves 2 (protein)

500 g tomatoes, cut into cubes
1 small onion, chopped
2 Tbsp butter
400 ml chicken broth
100 g chicken breast, skinless, boneless, cut into fine strips
1 pinch curry
1 Tbsp soy sauce
½ Tbsp honey
chives

Heat butter in a pan, saute chopped onions until soft, add cubed tomatoes, and broth. Cover, and simmer over low heat for 10 minutes. Pass through a sieve, season with salt and pepper, and keep warm. In a little butter, brown chicken strips, and season with pepper, salt, curry and soy sauce. Cover and simmer over low heat for 5 minutes. Add chicken to tomato soup, sprinkle with chopped chives and serve.