

## Chunky Mexican chicken soup

2 tsps olive oil  
1 large white onion, chopped  
1 green bell-pepper, diced  
3 garlic cloves, finely chopped  
15g fresh coriander, finely chopped  
1½ tsps ground cumin  
1 tsp dried oregano  
1 green chilli pepper  
the juice of 1 lime  
1kg skinless chicken thighs, bone-in  
1 litre chicken or vegetable stock (made with one organic stock cube)  
½ tsp sea salt  
½ tsp ground black pepper  
250g tinned sweetcorn, drained  
a sprinkle of fresh coriander, finely chopped

Serves 4

Per serving:  
485 calories  
43g protein  
22g carbs  
25g fat

Heat the oil in a large saucepan over a medium heat. Add the onion, bell-pepper, garlic and coriander. Fry for 4 minutes, stirring occasionally until the onion becomes translucent.

Add the green chilli, cumin and oregano. Fry gently for 2 minutes, stirring occasionally.

Add the lime juice, chicken, stock, salt, pepper and sweetcorn. Stir well and bring to a boil. Reduce heat, cover and simmer for 20 minutes.

Once chicken is cooked, remove with a slotted spoon and transfer to a cutting board to shred with two forks. Discard the bones.

Add the chicken back into the soup, and stir well.

Serve garnished with coriander.

Store any leftover soup in an airtight container and refrigerate for up to 4 days or freeze on same day.

