

Chicken, Pumpkin & Parsnip Soup

Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Egg, Gluten, No Added Sugars or Refined Starches. Can be made moderate in salicylates and amines

Easy Swaps

- Carrots for Pumpkin
- Potato for Zucchini

Makes 2 large or 3 small serves

1/4 butternut pumpkin - peeled and oven roasted¹
1 tablespoon of coconut oil or preferred oil
1 onion or leek - peeled & diced
1/4 teaspoon of turmeric or saffron
1 teaspoon of grated ginger or more if you like ginger
500ml chicken bone broth or stock
3 parsnips, peeled and diced finely
1 zucchini - peeled and diced
100-300 grams of cooked chicken
Salt and Pepper to taste



1. Heat coconut oil in a large, heavy based pot until melted and hot
2. Add onion and fry for 2 minutes, stirring occasionally
3. Add turmeric and ginger and cook until fragrant (1-2 minutes)
4. Add chicken stock
5. Add parsnips and cook for a few minutes
6. Add remaining ingredients and cook for 20-30 minutes or until all ingredients are soft and tender
7. Cool a little and then blend with a stick blender or high speed blender until pureed

Star Nutrients

Protein, Fibre
Potassium,
Vitamins C, A, E
B vitamins

Notes

1. Roasting pumpkin is not essential but will increase the flavour. If using uncooked pumpkin, dice finely and add at step 5
2. Diced chicken may be used raw. Add at step 2 if using raw chicken and lightly brown.
3. To make moderate in salicylates and amines use leek instead of onion, potato instead of zucchini, saffron instead of turmeric, leave out ginger and pepper, use tolerated oils. Use homemade vegetables stock concentrate (see recipe section) under Misc and water instead of bone broth/stock

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