

Fix-you-up chicken soup

Ingredients:

- 1 cup jasmine or brown rice (I literally take a mug and fill it with rice)
- 8 cups chicken broth (using the same mug)
- 4 chicken thighs skin on
- 4 garlic cloves sliced
- 1 thumb-sized piece of ginger, peeled and thinly sliced
- 2 medium carrots, peeled and diced
- Salt and pepper to taste
- A cup on frozen peas

Instructions:

1. **Prepare the chicken:** roughly cut out the bone from the thighs, it's ok if there is still meat on the bone. Flatten the chicken as much as you can using another chopping board and salt the skin side. Set aside.
2. **Simmer the rice and Broth:** In a large pot, add stock, chicken bones, rice, salt, and ginger. Bring the mixture to a boil, then reduce the heat to a low simmer. Stir occasionally so that the rice doesn't clump or stick at the bottom.
3. **Saute leeks, then chicken.** Whilst the rice is cooking sauté the leeks for 5 mins and set aside. Cook the chicken, skin side down for 7 mins on medium heat then cook on the other side until juices run clear (approx 5 mins).
4. **Add the remaining vegetables** and garlic after cooking the rice for 10 mins.
5. **Add the peas to the soup**, 2 mins before the end. I like my rice to have a bite and not let it go mushy. Don't hesitate loosening the soup with a little water if you like it a little runnier. Adjust the seasoning to taste and remove the chicken bones.
6. To serve, slice the chicken up. Serve two ladles of soup in a bowl and add the sliced chicken.

I like to eat this soup with a big spoon of chilli oil to clear everything up. I have also had it with some grated lemon zest and dill, equally as nice. Feel free to customise this recipe by adding any other vegetables or herbs.