



Chicken, Winter Veg and Lentil Soup

The Green Bird Café is an independently owned café in the centre of Bath.

They aim to support as many local suppliers and producers as possible such as Castle Mead Poultry, Eades Greengrocers and The Bertinet Bakery.

Look out for the delicious seasonal soups on their menu as 10% of all soup sales go to their #souperstar charity partner.

Here owner Chef Henry shares his recipe for a soup that uses up leftovers and minimises waste after a Sunday roast!



www.greenbirdcafe.co.uk

Ingredients

- 1 x Free range chicken leftovers alternatively 100g cooked chicken
- 1 x medium carrot
- 1 x medium onion
- 1 x stick of celery
- 1 x garlic clove
- 1 x medium potato
- 1 x bay leaf
- 1 x small bunch of thyme
- 6 x crushed peppercorns
- 1 x tin of cooked lentils
- 1 x handful of shredded spinach
- 3 x tbls of rapeseed oil

Method

1. Start by stripping all the remaining meat from you roast chicken carcass then roughly chop into a small dice reserving all the bones and juices left in the tray.
2. Peel and dice the onions, carrot and celery keeping all the trimmings in a separate bowl. Combine the bones and vegetable peelings in a large pot and add the bayleaf, garlic and peppercorns.
3. Pour in around 2 pints of cold water and bring to a gentle simmer. Cook for around 2 hours then strain the stock through a colander.
4. Sweat the diced vegetables in a little rapeseed oil for around 5 minutes and season with salt and pepper.
5. Peel and dice the potato and add to the vegetables with the thyme.
6. Pour in the stock and add the drained lentils. Bring to a gentle boil for around 10 minutes or until all the vegetables are cooked but still firm.
7. Take around a third of the soup and liquidise it until smooth. Add this back to the original soup to give it a thicker consistency.
8. Add the diced chicken and spinach. Heat through adding more seasoning if needed.
9. Serve with some warm bread and proper butter!