

CURRY LEGEND CHICKEN BARLEY SOUP



EXTRAS
#45

ALSO WORKS A TREAT WITH...
- A leftover roast chicken carcass

RAISE YOUR GAME BY...
Adding a thinly sliced green chilli to the marinated ginger for a bit of extra heat!



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Prep 25 mins	Cook 1 hr 20 mins
Heat 	Serves 4

At this time of year, many of us try to eat more healthily, so this month we've got a bright, fresh-tasting chicken broth flavoured with ginger and lemon, both of which are believed to have healing properties in ayurvedic medicine. Turmeric (a key ingredient in our **HALDI BLEND**) is also revered for its health benefits, and here it adds a vibrant colour and earthy flavour to this satisfying soup.

2 **chicken legs** (or use 3 large carrots and 1 parsnip peeled and cut into small bite-size pieces and 1 veg stock cube for a veg/vegan version)

1 **onion** - halved

3 **cloves of garlic** - finely chopped

Fresh ginger - coarsely grated to make 2 tbsp

1 **green chilli** - left whole

1 **lemon**

10g **bunch of coriander** (optional) - roughly chopped

200g **pearl barley** (or use bulgur wheat)

Crusty bread to serve

3 tsp



HALDI BLEND

1

Cook the chicken legs in 1.2 litres of water with the halved onion, garlic, green chilli and 1 tsp salt in a covered pan for 40 minutes or until the meat is starting to fall off the bone (or until the veg is tender if using carrots and parsnip)

2

Mix the ginger with a pinch of salt and the juice of the lemon, then leave to marinate

3

Remove the chicken legs (if using carrots and parsnip leave them in), onion and green chilli from the pan (discarding the onion and green chilli), then add the pearl barley and 3 tsp **HALDI BLEND**. Cover and simmer for 30 minutes or until the pearl barley is soft

4

Remove the skin from the chicken legs then shred the meat into bite-size pieces, discarding the skin and bones

5

Add the chicken meat back into the soup to warm through, then stir in the ginger (including all the marinade) and sprinkle over the coriander (if using)

6

Serve with crusty bread on the side