

## Chicken and rice soup

### Ingredients

1 teaspoon of oil

1 tablespoon of soya sauce

1 raw chicken breast

1 cup of uncle bens wholegrain rice

3 carrots

1 onion

Chicken stock cube

Salt and pepper

### Method

1. Chop the chicken into chunks and marinade in the soya sauce for 10 minutes
2. Meanwhile chop the onion and carrot
3. Heat the teaspoon of oil in a pan and soften the onions for a few minutes
4. Add the carrots and cook for another 3 minutes.
5. Add in chicken with 2 pints of water and bring to a simmer
6. After 15 minutes add in the chicken stock and the rice
7. Put the lid on the pot (add more water if necessary)
8. Cook for 10-15 minutes or until the rice is tender.

Add in a small tin of sweetcorn toward the end of the cooking to get another one of your 5-a-day!