



LUNCH RECIPES

Orla's Country Vegetable Soup with Open Chicken Porridge Bread Sandwich

Soup Makes 1.5 litres (each 300ml serving of soup with the portion of open chicken porridge bread sandwich (240) serves 1 and contains approximately 340 kcal)



Ingredients

1 onion or leek	black pepper
500g mixed Irish vegetables (such as celery, carrots, potatoes)	1 slice of porridge bread (see separate recipe)
25g butter	½ teaspoon mayonnaise (2.5g)
5g fresh chives (optional)	2 slices of tomato
900ml vegetable stock (made up from 2 reduced sodium stock cubes)	40g cooked chicken slices
salt (optional) and freshly ground	pinch of snipped fresh chives (optional)
	handful soft salad leaves

Method

Peel the onion and cut in half, then finely chop or trim the leek and finely chop. Peel the vegetables, then trim and cut into dice. Snip the chives and set aside for garnish, if using. Melt the butter in a large pan set over a medium heat. Add the onion or leek and cook for about 5 minutes, stirring, until softened but not coloured. Add the Irish vegetables and stir to combine, then pour in the stock and bring to the boil. Season lightly with salt (optional) and freshly ground black pepper, then reduce the heat and simmer for 10 minutes, until the vegetables are completely soft.

Blitz with a hand-blender or in a food processor (in batches if necessary) until smooth or of course you could also leave chunky.

Meanwhile, prepare the open sandwich. Place the porridge bread on a plate and spread over the mayonnaise. Arrange the slices of tomato on top followed by the chicken. Season lightly with salt (optional) and freshly ground black pepper and scatter over the chives, if liked. Add the salad leaves alongside.

Ladle 300ml of the soup into a warmed bowl and scatter over the chives to garnish, if using. Add a good grinding of black pepper to each one and serve alongside the open porridge bread sandwich to serve. The remainder of the soup will keep for up to 3 days in the fridge or can be frozen into individual 300ml portions in freezer bags and thawed out as needed.