

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Chicken and Leek Soup

### Ingredients

*400g chicken tenderloins*

*2 cups of organic chicken stock*

*1 tin (400ml) of coconut milk*

*3 leeks, sliced*

*200g of unsalted butter*

*1 tsp of minced garlic*

*1 tsp of green curry paste*

*½ tsp of dill*

*Salt and pepper to taste*

### Method

1. Heat frying pan to a medium heat and melt butter.
2. Add chicken tenderloins and organic chicken stock stir and simmer for 15 minutes.
3. Add coconut milk and sliced leeks, stir and simmer.
4. Add in minced garlic and green curry paste and continue to simmer until leeks are soft.
5. Add dill and salt and pepper to taste.
6. Garnish and serve.

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

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