

Creamy Chicken Soup



Serves 4

Prep 15 mins

Cook 25

Easy

Ingredients

85g butter

1 small onion, roughly chopped

1 large carrot, cut into small chunks

2 small King Edward or red-skinned potatoes (about 300g), cut into small chunks.

1 heaped tbsp fresh thyme leaves, plus extra to serve

50g plain flour

a few spring onions, thinly sliced

1.3 litres hot chicken stock

200-250g cooked chicken, torn into big chunks

1/8 or 1/4 tsp freshly grated nutmeg

crusty bread to serve.

1. Melt 25g of the butter in a large wide pan and heat until bubbling. Add the onion and fry 3-4 mins until just starting to colour. Stir in the carrot and the potatoes and fry for 4 mins, then add the spring onions and the thyme and cool for 3 more mins. Set aside.
2. Melt the remaining 60g butter in a medium saucepan, preferably non-stick. When bubbling, stir in the flour and keep stirring for 3-4 mins until just turning pale golden. With the pan still on the heat, pour in the hot stock, about a 150ml at a time, continuing to stir as you do so, beating well between each addition. When all the stock has been added stir it into the vegetables, bring to a simmer, then cook very gently for 8 -10 mins to finish cooking them, giving it an occasional stir.
3. Stir in the chicken and enough nutmeg, salt & pepper, a scattering of extra thyme leaves and some chunks of bread.