

Let's eat, Invercargill, and celebrate Neighbours Day

Your neighbour has shared this much-loved recipe for you to take, make and share with your friends, whānau and neighbours. Enjoy!

Ethan's Leftover Roast Chicken Soup

This recipe is great way to get another meal out of a roast chicken. We have kept the bones and skin and used leftover meat and roast vegetables plus fresh greens from the garden to make a warm, hearty soup.



Chicken carcass, skin and leftover meat

1 litre tap water

1 cup leftover roast vegetables (e.g. potatoes, kumara)

One bunch of veggie leaves such as silverbeet, kale, spinach or chinese cabbage

75g butter

75g flour (approximately half a cup)

Salt

Remove any meat still on the chicken carcass. Roughly chop up the chicken meat, and put to one side.

Roughly chop or break the chicken carcass into smaller pieces (e.g. golf ball size). This will help to extract the flavour. Put the carcass and skin pieces into a medium saucepan and cover with water. Slowly bring to the boil and then turn down to a simmer. Allow to cook for 1 hour.

Pass the chicken mixture through a sieve into a heatproof jug or another pot. Discard bones and skin. You should have around 750ml (3 cups) of stock.

Roughly cut leftover roast vegetables and put to one side.

Thinly slice veggie leaves and put to one side.

Please turn over ...



Put your medium sized pot back on a medium heat, add butter and allow to melt. Add flour and cook for 3 minutes. Slowly add in roughly $\frac{1}{4}$ of the stock (chicken liquid) and stir with a whisk or wooden spoon until smooth.

Continue to add liquid in batches, ensuring it is smooth and mixed well.

Add cooked meat and roast vegetables and allow to heat through for 5 minutes.

Add chopped veggie leaves and continue to cook until slightly soft.

Add some salt if required to your taste and serve while it's hot.

