



# Chicken and buckwheat soup

From Phase 3

## Ingredients:

- 1 courgette
- 1 leek
- 2 carrots
- 2 tablespoons buckwheat
- 100 g (3 oz) diced steamed chicken
- parsley

## Preparation:

Make a soup with courgette, leek, carrots, salt and pepper.

Cool buckwheat in 30 cl (10 fl oz) boiling water for 15 minutes. Drain buckwheat and add it to the vegetable soup. Add diced chicken.

Garnish with finely chopped parsley

