

Italian Chicken Soup

serves 6 ⌚ 8 hours 30 minutes



Ingredients

- 1.5 kilogram whole chicken,
skin removed
- 3 tomatoes
- 1 brown onion, chopped
- 2 stalks celery, chopped
- 1 carrot, chopped
- 4 cloves garlic, peeled, halved
- 6 black peppercorns
- 8 cups water
- 3/4 cup risoni pasta
- 1/2 cup flat-leaf parsley, chopped
- 1/2 cup fresh basil, chopped
- 2 tbs chopped fresh oregano
- 1/4 cup lemon juice

body says **yay!**

Method

1. Chop tomatoes. Refrigerate two chopped tomatoes to add later.
2. Place chicken, chopped tomato, onion, celery, carrot, garlic, water & peppercorns in slow cooker.
3. Cook with lid on, on low for 8 hours.
4. Carefully remove chicken from cooker. Strain broth through a sieve into a large heatproof bowl; discard solids. Skim & discard any fat.
5. Return broth to cooker; add risoni & chopped tomatoes. Cook on high, with lid on, for approx. 30 mins.
6. When chicken is cool enough to handle, remove meat from bones & shred coarsely. Discard bones.
7. Add shredded chicken, herbs & juice to soup. Cook on high with lid on for 5 minutes. Season to taste.

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Warming Winter Dahl

serves 4 🕒 35 minutes



Ingredients

1 cup basmati rice
1 tbs extra-virgin coconut oil
1 brown onion, diced
4 cloves garlic, minced
1 tsp ground turmeric
1 tsp ground ginger
1 tsp garam masala
½ tsp ground cumin
2 cups red lentils
1 cup canned coconut milk
3 cups filtered water
1 carrot, diced
4 cups spinach
½ lemon

Method

1. Cook the basmati rice according to packet instructions.
2. Melt the coconut oil in a saucepan and add the onion. Sauté for 3-4 minutes, until translucent.
3. Add garlic & spices, sauté for 1-2 minutes, until golden and fragrant.
4. Add red lentils, coconut milk, water and carrot to the saucepan. Cook for 15-20 minutes, until the liquid has absorbed and the lentils are cooked.
5. Remove from the heat and stir through the spinach.
6. Squeeze over lemon juice & serve the dahl with the basmati rice.

Vanilla, pear & berry crumble

serves 6 🕒 45 minutes



Ingredients

Filling

15g butter
6 pears, peeled,
cored, cut into 3cm pieces*
1 tsp vanilla paste
1-2 tbs brown sugar
2 cups frozen mixed berries
Greek yoghurt or cream to serve

Crumble

1/2 cup plain wholemeal flour
1/4 cup coconut/brown sugar
75g butter, chopped
1/2 cup rolled oats
1/4 cup shredded coconut

Method

1. Preheat oven to 160°C fan-forced.
2. Melt butter in a large frying pan over medium heat. Add pear, vanilla and sugar. Mix well to combine. Cover, cook for 5-6 minutes or until pear is just tender. Remove from heat. Stir in berries.
3. To make the topping, place flour and brown sugar in a bowl. Rub in butter until mixture resembles coarse breadcrumbs. Using hands, mix in oats, & coconut until combined.
4. Spoon pear mixture into an oven proof dish or 6 individual 1 cup dishes. Sprinkle with topping. Bake for 15-20 minutes or until topping is golden. Serve topped with cream or greek yoghurt

body says **yay!**

*granny smith apples work just as well. You can make this recipe with or without the berries too.

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