

Spicy Chicken Soup

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Serves: 4-6



Ingredients:

- * Olive Oil
- * 2 Large red onions, finely sliced
- * 1 red chilli, diced, half seeds removed
- * 2 star anise
- * 1 tsp ground cumin
- * 2 Garlic cloves, peeled and chopped
- * 300g (0.66 lb) sweet potato, cut into cubes
- * 3 Boneless chicken breasts, diced
- * 50ml sesame oil
- * 2 Tbsp light soy sauce
- * 3 Tbsp tamarind sauce
- * 400ml coconut milk
- * 600ml chicken or vegetable stock
- * Handful of basil and mint leaves, shredded
- * Sea salt and freshly ground black pepper

Preparation:

1. Heat the olive oil in a large saucepan and gently sauté the onion, chilli, star anise, cumin and garlic and fry for 5 minutes or until the onions start to soften.
2. Add the potatoes and stir well. Cook for 5 minutes until they begin to soften.
3. Add the chicken and allow colouring, then add the sesame oil, soy sauce and tamarind.
4. Pour in the coconut milk and add enough stock to cover the potatoes. Bring the soup to the boil, cover with a lid and cook for 20-30 minutes or until the potatoes are soft.
5. Remove the star anise and discard. Season with soy sauce or salt to taste and add the herbs just before serving.