

## Chilli, Vegetable and Chicken Soup

2 tbsp Butter  
2 cloves Garlic, finely chopped  
2 Leeks, chopped  
4 Red Chilli's with seeds, diced  
2L Chicken Stock  
2 Palm Sugar  
1 med Carrot, diced  
2 Potatoes, diced  
4 Zucchini's, diced  
2 Chicken Breasts, diced  
2 tsp Dried Oregano  
Salt and Pepper  
1 cup Cream

In a Le Creuset Pot, place the butter, garlic, leeks and chilli. Sauté till soft.  
Add the chicken stock, vegetables and palm sugar and stir. Simmer for 20 minutes on a medium heat.

After 20 minutes, puree using a Bamix – use the chopping blade first to chop, then use the blending blade to puree to a smooth consistency.

Add the diced chicken breasts, oregano and salt and pepper to taste.

Simmer for 10 minutes on a low heat.

Turn off the heat and add the cream.

Serve with Parmesan Toast (recipe follows) and enjoy.

## Parmesan Toast

3 Eggs  
½ cup Milk  
Salt and Pepper  
250g grated Parmesan Cheese  
Loaf of Ciabatta Bread

Preheat oven to 180°C

Whisk the eggs, milk and salt & pepper together. Place into a tray/bowl.

Place the grated Parmesan cheese into another tray/bowl.

Cut the Ciabatta bread into 1cm thick slices.

Place the slices of bread into the egg mix on both sides to get a nice coating.

Then place the eggy bread into the parmesan cheese.

Line a baking tray with a silicon mat.

Place the bread onto the tray and bake for 20 minutes, turning after 10 minutes.