

Chicken and Spaghetti Squash Noodle Soup

Serves: 4-5

Ingredients

Soup Base

- 1 lb. of cooked shredded chicken
- ¼ cup of diced white onion
- 3 cloves of sliced garlic
- 1 Tablespoon of butter
- 1 Tablespoon of olive oil
- 1 teaspoon of dried basil
- 1 teaspoon of dried oregano
- 1 teaspoon of dried thyme
- 1.5 L of good quality chicken stock
- Juice of ½ lemon
- Hot sauce (Optional)
- 3 Tablespoons of freshly chopped flat leaf parsley

Grilled Vegetables

- 4-5 carrots, sliced lengthwise
- 1 zucchini, sliced lengthwise
- garlic powder, salt and pepper to season
- 2 Tablespoons of olive oil

Spaghetti Squash

- 1 Spaghetti squash, halved, with the seeds removed
- salt and pepper
- 2 Tablespoons of olive oil

Instructions

1. Preheat the oven to 375 degrees, rub the flesh of the spaghetti squash with the oil, salt and pepper and place face down in a casserole dish and roast for 30 minutes.
2. While the squash is cooking, preheat your grill or barbecue until it is very hot. Season the carrots, and zucchini well with oil, salt, pepper and garlic powder. Sear the vegetables on high heat until they get really nice crispy grill marks on them, about 10 minutes. Take off and let cool.
3. Heat up the oil and butter in a large pot and add in the onions and garlic. Cook until the onions are just light brown in color, and you can smell the garlic, about 3-5 minutes.
4. Add in the shredded chicken and cook for another 1-2 minutes and then add in the dried herbs and chicken stock. Simmer for 25-30 minutes. Dice up and add in the zucchini and carrots, and check the soup for seasoning. Finish with a squeeze of lemon and freshly chopped parsley.
5. For plating, scoop out the desired amount of squash "noodles" into each bowl and top with the hot soup. Serve



Chicken and Spaghetti Squash Gluten Free Noodle Soup



Fresh Menu Planner