



Eat & Greet

RECIPES



CHARRED CHICKEN, FENNEL & RICE SOUP

{ SERVES TWO }



INGREDIENTS

- 4 organic chicken thigh fillets (*skinned and boned*)
- 1 onion
- 4 garlic cloves
- 1300g chicken stock
- 80g medium grain rice (*washed*)
- 1 bay leaf
- 1 medium fennel bulb (*sliced*)
- 50g baby spinach
- 1 lemon zest
- 50g good olive oil
- 15g Italian parsley (*chopped*)
- salt & pepper



Season the chicken thighs well and coat in oil, char on a grill or BBQ until they blacken, then turn them over and cook until cooked through, leave to rest. They need to be charred until they're reasonably blackened, in the end this light bitterness will help balance out the richness.

Cut the onion in half lengthways and then slice thinly. Slice the garlic cloves. Caramelize both of these with a little oil over a medium flame, add the chicken stock, bay leaf and the washed rice, bring to a boil and simmer until the rice is cooked. At this point add the sliced fennel and simmer until soft, you want the rice to be slightly overcooked.

Add the spinach, stir and take off the heat. Chop the chicken thighs and add olive oil along with the lemon zest and parsley. Season well.

