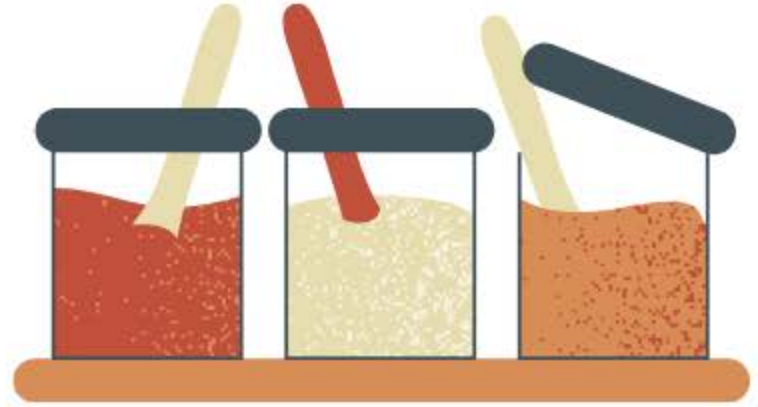


SPICE OF THE MONTH CLUB:  
ANISE

# STAR ANISE CHICKEN SPINACH SOUP

SERVINGS: 2  
TOTAL TIME: 55 MINS



## INGREDIENTS

- 4 cups chicken stock
- 3 star anise
- 2 chicken thighs with bones and skin on
- 1 garlic clove, crushed
- 1 tsp grated ginger
- 1 small green chilli, chopped fine
- 2/3 cup baby spinach leaf
- 2 spring onions, sliced finely
- 1/2 lemon

## DIRECTIONS ON BACK

# DIRECTIONS

1. Fill a large saucepan with chicken stock, add chicken thighs and star anise. Bring to the boil, then cover with a lid and simmer for 30 minutes.
2. Remove thighs from soup base and using 2 forks, shred meat from the bones. Discard skin. The bones may be kept for making additional stock).
3. Return shredded chicken meat to soup base along with garlic, ginger and green chilli. Bring to the boil once again then simmer for 5 minutes.
4. Turn off heat and remove star anise.
5. Put spinach inside the soup pot on top of the liquid and place a lid on top. The heat and steam from the soup will wilt the spinach. After 5 minutes remove the lid and stir spinach through the soup.
6. Taste and season with salt and pepper as needed. Add a good squeeze of lemon.
7. Divide soup between bowls and garnish with spring onion.