

OVERALL time: 45 mins

Ginger Chicken & Rice Broth Bowls

Metric

Number of servings : 4

ingredients

For the broth

- 2 large shallots, sliced
- 2 Tbsp freshly grated ginger
- **Cape Herb and Spice Korean Style BBQ Rub**
- 2 L low sodium chicken stock
- 2 large chicken breasts
- 1 cup jasmine rice
- 200 g bok choy, roughly chopped
- 2 large lime zest & juice

For cooking

- olive oil

For serving

- sliced spring onions
- fresh limes

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 35 mins

Heat a drizzle of olive oil in a large pot.

Add the shallots and ginger.

Season well with **Cape Herb & Spice Korean BBQ Seasoning**.

Cook until fragrant and then pour in the chicken stock.

Bring to a very gentle, barely there, simmer.

Add the chicken breasts and poach them for about 12 minutes depending on their size. Remove chicken and set aside to rest for 5 minutes, then shred.

Add jasmine rice to the soup pot and give it a very brief stir to mix.

Place the lid on the pot and cook for 10 minutes.

Return shredded chicken to the pot and add the bok choy, lime juice and lime zest.

Taste to adjust seasoning.

Serve soup in warm bowls sprinkled with fresh spring onion and with a little extra lime on the side for squeezing over. Enjoy!

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