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## Spring Greens & Chicken Soup with Herby Parmesan Croutons

Preparation time: 30 minutes

Recipe by: Ryvita



### INGREDIENTS

- 1 tsp olive oil
- 2 leeks, sliced
- 2 spring onions, sliced
- 1 litre low salt chicken stock
- 2 (approx. 240g) cooked (grilled, without skin) chicken breasts, sliced or shredded
- 100g frozen peas
- 100g spring greens, stalk removed and finely sliced
- Small bunch tarragon, leaves chopped (4g)
- 20g parmesan, finely grated
- ½ tsp dried mixed herbs
- 2 Ryvita Multigrain Crunchy Rye Breads

### METHOD

1. Heat the olive oil in a large saucepan and fry the leeks and spring onions for 5 minutes until soft and golden.
2. Add the garlic and cook for a further minute then add the stock and bring to a simmer.
3. Turn the heat down then add the chicken, peas and spring greens and heat for 1-2 minutes or until the greens are just cooked. Take off the heat and stir through the tarragon.
4. Heat the grill to high. Combine the parmesan and the dried herbs then sprinkle over the crunchy rye breads and grill for 2-3 minutes or until the cheese is melted.
5. Allow to cool slightly then break into crouton-sized pieces and serve with the soup.

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