菠菜浓鸡汤
SPINACH THICK CHICKEN SOUP

INGREDIENTS

• Spinach, rinsed and diced	150g
• Potato, peeled and diced	120g
• White onion, peeled and chopped	70g
• Cooked chicken meat, diced	70g
• Broiler chicken stock	500ml
• Full cream milk	150ml

SEASONINGS

- A pinch of black pepper
- ¼ tsp salt

METHOD

1. Heat 2 tbsp of oil in a wok and sauté white onion until aromatic. Add potato and stir-fry until aromatic. Remove and set aside to let cool.
2. Combine the spinach mix and Broiler Chicken Stock in a blender. Blend until fine.
3. Pour the mixture into a pot and bring to a boil. Add milk, chicken meat and Seasonings, and bring to boil.

材料

• 菠菜(洗净, 切粒)	150克
• 马铃薯(去皮, 切粒)	120克
• 白洋葱(去皮, 切碎)	70克
• 烫熟鸡肉(切粒)	70克
• 肉鸡上汤	500毫升
• 全脂牛奶	150毫升

调味料

• 黑胡椒粉	少许
• 盐	¼ 茶匙

做法

1. 镬内烧热2汤匙油，爆香白洋葱，加入马铃薯炒软。加入菠菜炒香，取出待凉。
2. 将炒好的菠菜混合物连同肉鸡上汤倒入搅拌机内，搅至幼滑。
3. 将混合物倒入锅内煮沸，加入牛奶、鸡肉和调味料煮沸。

Recipe from:
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一碗鸡汤

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