

## **Chicken Noodle Soup**

Serves 4

Use the leftovers from your Sunday chicken roast.

1 onion, finely chopped

2 garlic cloves, finely chopped

2 carrots, diced

2 celery stalks, finely diced

1 tsp chopped thyme

1 tbsp chopped parsley

1 bay leaf

1.2 l chicken stock

200g cooked roast chicken, diced

50g egg noodles or any other noodles you have

Olive oil

Salt and freshly ground black pepper

To make the soup, heat the oil in a large saucepan, add the onion and sauté for about 5 to 6 minutes until softened but not brown.

Add the garlic and cook for 1 minute.

Stir in the carrots, celery, thyme and parsley and sauté for about 4 minutes before adding the bay leaf and chicken stock and season lightly with salt and black pepper.

Add in the diced chicken, leave to simmer gently for about 16 minutes.

Add the noodles – if you are using egg noodles these will take about 3 to 4 minutes to cook but if you are using noodles like penne or fusilli these will take about 12 to 15 minutes.

If you want to freeze this soup – don't add the noodles.

## **Bolognese Sauce**

Serves 4

1 tbsp olive oil

1 large onion, chopped 2 garlic cloves, crushed 1 tbsp tomato puree

500g lean minced beef 1 tsp dried oregano or a small handful of fresh leaves, chopped 1 tsp dried thyme or a few sprigs, chopped 1 (about 100g) carrot, peeled and diced small

400g tinned chopped tomatoes

1tsp sugar

100ml beef stock Salt and freshly ground black pepper

1 tbsp chopped parsley

Heat the oil in a large saucepan over a medium heat.

Reduce the heat and add the onion and garlic, sauté until softened, this will take 4 to 5 minutes.

Add the tomato paste and cook for 1 minute.

Increase the heat and add the minced beef.

Brown on all sides, breaking down any chunks of meat with a wooden spoon.

Add the oregano and thyme. Season with salt and freshly ground black pepper.

Add the carrots, stir in the chopped tinned tomatoes and sugar.

Pour in the stock.

Cover with a lid and simmer slowly for about 35 to 40 minutes until it's has thickened and cooked, stirring from time to time.

Check the seasoning, adding a little more salt and freshly ground black pepper.

Stir in some chopped parsley.