

Chicken Zucchini Noodle Soup



9 Ingredients, 4 Servings, 30 Minutes Total Time

2 teaspoons parsley

500 grams chicken

1/2 teaspoon sea salt

1/4 teaspoon black pepper

3 celery stalks (diced)

3 bunches spring onions (diced - or use 1/2 regular onion, diced if not on the Fodmaps or SIBO Diet)

3 carrots (chopped)

2 zucchinis

5 cups chicken stock (gluten free)

Instructions

- Place the stock, diced onions, celery, carrots and raw or cooked chicken thighs or (halved) breasts into a large soup pot.
- Bring to a boil, then reduce to a simmer.
- Cook for about 10-15 minutes, or until the chicken is cooked through and the carrots are soft. (If you have cooked chicken, add it towards the end once the veggies are cooked.)
- Using a slotted spoon, spoon the chicken out of the pot and place in a bowl.
- Allow to cool.
- To make zucchini noodles, cut off the ends of the zucchini.
- With a vegetable peeler or a julienne peeler, or vegetable spiralizer peel the zucchini into long strips.
- Place them in the pot and simmer briefly.
- Try not to overcook them.
- Once chicken is cool to touch, either chop it up on a cutting board or shred with your fingers or a fork.

- Add back into the pot.
- Warm through and add salt, pepper and herbs of your choice to taste.

Warnings

**CELERY STALKS: 1 stalk maximum per meal for SIBO Phase 1 & 2

**SPRING ONIONS: Use the GREEN part only for SIBO phase 1 & FODMAP Diets

**ZUCCHINI: (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

**CHICKEN STOCK (GLUTEN FREE): For low amine/ low histamine diet do not use store bought stock. Make your own, simmered for < 2 hours & used immediately or SUBSTITUTE water. FODMAPs & SIBO diets make your own with no garlic or onion content & no chicken frames, only meat for SIBO

Nutritional Information (per serving)

Calories	291
Total Fat	6g
Saturated Fat	2g
Cholesterol	90mg
Sodium	879mg
Total Carbohydrate	20g
Dietary Fibre	3g
Sugars	10g
Protein	35g
Calcium	74mg
Iron	3mg
Magnesium	70mg
Phosphorus	394mg
Potassium	1,128mg
Vitamin C	25mg
Thiamine	--
Riboflavin	1mg
Vitamin B6	1mg
Vitamin E	1mg