

Express stew soup



Ingredients (serves 2)

160 g vegetable or chicken broth

1 small egg

25 g chopped cooked chicken

10 g wheat semolina or thin soup noodles

10 g chopped 'serrano' ham (Spanish dry-cured ham)

1 tbsp of extra virgin olive oil

Salt (restrict in case of hypertension and / or fluid retention).

Method

1. Pour the broth in a microwaveable container and heat until it starts to boil. Add a pinch of salt.
2. Add the semolina or noodles, the egg and olive oil to the hot broth.
3. Microwave again at medium power for two minutes or until the egg is cooked.
4. Remove from the microwave.
5. Add the chopped chicken and ham and let stand for one or two minutes.
6. Serve.

Recommendations

Se pueden añadir picatostes o un poco de menta por encima, esta última recomendable en caso de náuseas y vómitos.