GREEK · LUNCH · DINNER

Avgolemono (Greek Lemon Chicken and Rice Soup)

35 min · Serves 6 · 256 kcal a serve · Video 5:34 · The Mediterranean Dish

Gluten-free ingredients · No dairy listed · No nuts listed

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Lean shredded chicken and egg give about 17 g of protein a serve in a light, lemony broth thickened with egg rather than cream, with only 1 tbsp of olive oil in the whole pot.

Diet notes: Low saturated fat (1.3 g, 5% of the energy).

Ingredients 14 · SERVES 6

- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 120–240 ml finely chopped **carrots** (about 180 ml)
- [ ] 120–240 ml finely chopped **celery** (about 180 ml)
- [ ] 120–240 ml finely chopped **green onions**, white and green parts (about 180 ml)
- [ ] 2 **garlic** cloves, finely chopped
- [ ] 1.9 L **low-sodium chicken broth**
- [ ] 2 **bay leaves** (removed before serving)
- [ ] 190 g **rice**, rinsed
- [ ] **salt**, to taste (about 1 tsp)
- [ ] **black pepper**, to taste
- [ ] 2 cooked **boneless chicken breasts**, shredded (170–230 g rotisserie chicken works)
- [ ] 120 ml **freshly squeezed lemon juice**
- [ ] 2 large **eggs**
- [ ] **fresh parsley** (about 1 tbsp), to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large heavy pot over medium-high heat and briefly sauté the carrots, celery and green onions until they start to sweat, then add the garlic. 1:13
2. Pour in the chicken broth, add the bay leaves and bring to a rolling boil. 2:01
3. Add the rinsed rice with a little salt and pepper, lower the heat to medium-low and simmer for about 20 minutes until the rice is tender. Stir in the shredded chicken. 2:23
4. Whisk the eggs with the lemon juice in a bowl. Still whisking, slowly add about 2 ladles of hot broth to temper the eggs. 3:26
5. Stir the egg-lemon mixture into the soup and take the pot off the heat straight away so the eggs don't scramble. Remove the bay leaves, garnish with parsley and serve hot. 4:23

> **Tip** A good way to use leftover rotisserie chicken. Serve with crusty bread. Reheat gently without boiling so the egg doesn't split. Orzo can replace the rice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
256 kcal	17 g	34 g
1,070 kJ	34% of a day	32 g net · 3.3 g sugars
		12% of a day

FIBRE	FAT	SODIUM
1.5 g	6 g	1,260 mg
5% of a day	1.3 g saturated	55% of a day
	8% of a day	

Energy from net carbs 51% · protein 27% · fat 22%

High in (20%+ of a day) Selenium 41% · Vitamin K 37%

Source of (10–19%) Vitamin A 19% · Vitamin B6 19% · Vitamin C 14% · Vitamin B12 12% · Magnesium 10% · Zinc 10%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=9JVsGiJGc94, published 13 October 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avgolemono-greek-lemon-chicken-rice-soup