

# Curtis Stone's Mexican-style chicken noodle soup with avocado

- Egg-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Shellfish-free
- Seafood-free
- No added sugar
- High in Dietary Fibre
- High in Protein

Celebrity chef Curtis Stone's Mexican-style chicken soup is full of flavour, and best of all: it's on the table in 20 minutes.

- Serves:4
- Cooktime:10 mins
- Preptime:10 mins



## Ingredients

- 4 cups (1L) reduced-salt chicken or vegetable stock
- 2 vine-ripened tomatoes, coarsely chopped
- 1/2 small white onion, coarsely chopped

- 2 garlic cloves
- 2 tbs olive oil
- 1 tbs Coles Mexican Seasoning Mix
- 85g angel hair pasta, broken into 2cm-long pieces
- 1 Coles RSPCA Approved Chicken Breast Fillet, sliced into 1cm strips
- 1 cup coriander leaves, divided
- 2 avocados, stoned, peeled, chopped
- 100g fetta, crumbled
- 1 small jalapeño chilli, thinly sliced (optional)
- 2 limes, cut into wedges

## Nutritional information

Per serve: Energy: 1961kJ/469, Cals (23%), Protein: 26g (52%), Fat: 27g (39%), Sat Fat: 8g (33%), Sodium: 1078mg (54%), Carb: 23g (7%), Sugar: 5g (6%), Dietary Fibre: 10g (33%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

In a blender, combine the stock, tomatoes, onion and garlic and blend until smooth.

### 2. Step 2

Heat the oil in a large heavy-based saucepan over medium heat. Add the Mexican seasoning and pasta and cook, stirring, for 2 mins or until aromatic and pasta is golden brown and toasted.

### 3. Step 3

Strain the tomato mixture into the pasta mixture and bring to a simmer. Add the chicken. Cover and cook, stirring occasionally, for 5 mins or until the chicken is cooked through. Transfer chicken to a plate and use 2 forks to coarsely shred. Return chicken to the soup and stir in half the coriander.

### 4. Step 4

Divide the soup among serving bowls. Top with the avocado, fetta, chilli, if using, and remaining coriander. Season and serve with lime wedges.