

Creamy Mint Chicken Soup



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- Sub Category Name
Food
Soups
- Recipe Source Name
The Dilmah Book of Tea inspired Cuisine & Beverage

Used Teas



t-Series Pure
Peppermint Leaves

Ingredients

Creamy Mint Chicken Soup

- 6 bags Dilmah Pure Peppermint Leaves
- 1 chicken breast cut into thin strips
- 1l clear chicken stock
- 1 medium sized onion - chopped
- 1 clove garlic - crushed
- Chopped parsley
- 50g Flour



- 100ml thick cream
- 50g butter

Methods and Directions

Creamy Mint Chicken Soup

- Combine the chopped onion, garlic and flour with the butter.
- Add chicken strips, and cook for two minutes. Pour in the stock, and bring to boil.
- Add the tea bags and let it simmer for 5 minutes. Discard the tea bags.
- Add thick cream; simmer for 4 minutes, season and serve garnished with chopped parsley.

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