Nourishing Herbal Chicken Soup

Ingredients

- 40 g Lotus Seed
- 30 g Lily bud, dried
- 30 g Seeds, Lotus Seeds, Raw
- 30 g Huai Shan (□□)
- 30 g Yu Zhu
- 20 g Goji berries, dried
- 5 g Fungus, white, dried
- 2 Honey dates
- 2 cm Ginger
- 6 L Water
- 1 Whole Kampung Chicken
- 2 kiub MAGGI® Chicken Stock Cube

Instruction

1. In a large pot, pour 6 liter of water and all the ingredients.
2. Boil for 30 minutes. Bring down to medium heat and simmer for 2 hours.
3. Lastly, add in MAGGI Chicken Stock Cube. Simmer for 10 minutes. Serve while hot.

Nutrition

Carbohydrates	11.67 g
Energy	231.61 kcal
Fats	10.95 g
Protein	21.69 g

162 Minutes

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