GREEK · LUNCH · DINNER

Greek Lemony Chicken and Cabbage Soup (Avgolemono)

Kotosoupa avgolemono me lahano

120 min · Serves 6 · 398 kcal a serve · Video 5:51 · Dimitra's Dishes

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

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35 g protein and 16 g net carbs a serve: chicken and a whole cabbage in broth, thickened with egg yolk and lemon instead of rice. Paleo with arrowroot for the cornstarch; low-sodium broth cuts its 1.3 g of sodium a serve.

Diet notes: Low saturated fat (4.3 g, 9.7% of the energy); Paleo with a swap: arrowroot or tapioca starch instead of the cornstarch.

Ingredients 14 · SERVES 6

- [ ] **Chicken breast**: 1 whole chicken (1.4 kg): the breast meat, shredded
- [ ] **Chicken thigh**: the leg and thigh meat from the same chicken, shredded (skin and bones discarded)
- [ ] 1.9 L **chicken broth**
- [ ] 60 ml **olive oil**
- [ ] 1 **onion**, finely chopped
- [ ] 2 **carrots**, diced
- [ ] 3 **garlic** cloves, grated
- [ ] 1 large **green cabbage**, cored and shredded
- [ ] 4 **egg yolks**
- [ ] 60 ml **fresh lemon juice**
- [ ] 1–2 tbsp **cornstarch**
- [ ] ¼ tsp **dried dill**
- [ ] **salt and black pepper**, to taste
- [ ] finely chopped **parsley**, to garnish

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

Allergens found in the listed ingredients: Egg. 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. Put the whole chicken in a large pot, pour over the chicken broth, season with salt and pepper and bring to a boil. Simmer until the chicken is fully cooked (about 40 minutes on the card; the video gives it 1 hour 20). 0:34
2. Lift out the chicken, strain the broth and set it aside. Shred the meat with two forks, discarding the skin and bones; use 0.9–1.2 L in the soup and keep any extra. 1:05
3. In the rinsed pot, cook the onion and carrots in the olive oil over low heat 8–10 minutes, until soft and golden, then stir in the garlic until fragrant. 1:37
4. Core and shred the cabbage, add it with 2 litres of the broth and bring to a boil. Lower to medium-low and cook about 15 minutes, until soft, adding the shredded chicken. 2:04
5. For a heartier soup the card adds 60 ml uncooked arborio rice or orzo with a little salt at this point and cooks it 10–15 minutes more (not counted here); for low-carb, leave it out. 2:33
6. Whisk the egg yolks, lemon juice and cornstarch in a jug, then whisk in 470–710 ml of the hot broth a little at a time so the eggs warm gently. 3:05
7. Stir the egg-lemon mixture and dill into the soup and heat 3–4 minutes over low, without boiling, until it thickens slightly. Serve with parsley. 3:42

> **Tip** Temper the yolks with hot broth before they go in, and don't let the soup boil afterwards, or the eggs will curdle.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
398 kcal	35 g	22 g	5.7 g	20 g	1,320 mg
1,670 kJ	69% of a day	16 g net · 9.5 g sugars	20% of a day	4.3 g saturated	57% of a day
		8% of a day		25% of a day	

Energy from net carbs 17% · protein 36% · fat 47% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 143% · Vitamin C 85% · Selenium 61% · Vitamin B6 48% · Folate 29% · Vitamin B12 29% · Vitamin A 27% · Zinc 23%

Source of (10–19%) Potassium 17% · Iron 17% · Magnesium 16% · Vitamin E 15% · Calcium 10%

⚠ One serve has about 57% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Dimitra's Dishes on YouTube — youtube.com/watch?v=AcH7dYAal4M. 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/greek-lemony-chicken-cabbage-soup