**Cock-a-Leekie Soup**

**Ingredients:**

15ml oil

¼ chicken breast

½ leek

500ml chicken stock

25g long grain rice

2 de-stoned prunes (optional)

**Method:**

1. Wash and finely slice the leek. Make up the chicken stock with ½ a stock cube and boiling water.
2. Measure the rice into a sieve and rinse under cold water. Cut the prunes into 4 pieces.
3. Cut the chicken into small 3cm pieces.
4. Heat the oil in a medium pot and gently fry the chicken until white all the way through. Add the leeks and sauté on a medium heat without colouring them.
5. Add the stock to the pot and bring to the boil.
6. Add in the rice and simmer for 20 minutes, (if using the prunes add them 5 minutes from the end of cooking).
7. Season to taste and serve with some chopped parsley to garnish.