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## Peruvian Chicken Cauli Rice Soup

Serves 2

A friend of mine told me about this soup she'd had at a Peruvian restaurant called aguadito de pollo that was a vibrant green color from all the cilantro in it. As a lover of cilantro for its unmistakable flavor, I had to try to make my own version of the soup. After tinkering a bit and swapping out the rice for cauliflower rice, I landed on a soup that was equal parts light and satiating. Cilantro is said to have chelating properties—meaning it may help the body get rid of heavy metals—and is generally thought of as a cleansing herb in the Ayurvedic tradition. This is the kind of cleanse-friendly food I'd eat whenever.

### Ingredients

- 1 medium white onion, chopped
- 1 bunch of cilantro, roughly chopped
- ½ jalapeno (optional)
- Juice of 3 limes
- ¼ cup water, plus more if needed
- 4 cups Chicken Stock (*see below*)
- 1 boneless, skinless chicken breast
- 1 teaspoon kosher salt
- ½ head of cauliflower, riced (1 to 1 ½ cups)
- ½ cup frozen peas
- Lime wedges, for serving

### Method

Combine the onion, cilantro, jalapeno (if using), lime juice, and water in a high-speed blender and blend until smooth, adding a little extra water if needed to loosen the mixture. Set aside.

In a medium soup pot, bring the stock to a simmer over medium-low heat. Add the chicken and salt and cook until the chicken is opaque and fully cooked through, about 20 minutes. Remove the chicken and let cool.

Meanwhile, add the cauliflower rice and peas to the broth and simmer for 10 to 15 minutes, until the cauliflower rice is tender but not mushy. When the chicken is cool enough to handle, shred the meat.



To serve, increase the heat to medium, return the shredded chicken to the pot, and add the onion-cilantro puree. Stir to combine and cook for 5 minutes before serving.

Divide into bowls and garnish with lime.

## **Chicken Stock**

Makes about 6 cups

Boxed and canned chicken stocks are not my favorite, so when I have the time, I make a batch of my own. I like to use chicken feet, which contain beneficial collagen—great for the gut and joints—but if you can't find them (or if they freak you out), you can absolutely skip them. Ideally, though, you want whatever chicken pieces you're using to be organic and pasture-raised.

### **Ingredients**

- 2 fresh or frozen chicken carcasses (about 1 pound)
- ½ pound chicken feet (optional)
- 1 medium carrot, cut in half
- 1 large celery stalk, cut in half
- 1 medium leek, washed well and cut in half
- 2 teaspoons whole black peppercorns
- 1 bay leaf
- 8 cups water

Place the chicken pieces, chicken feet (if using), carrot, celery, leek, peppercorns, and bay leaf in a very large Dutch oven or stockpot. Add the water and bring to a simmer over medium heat. Skim off any scum from the surface with a ladle, then reduce the heat to maintain a very gentle simmer and cook for 1 hour, skimming the surface every 20 minutes or so.

Fill a large bowl with ice and set a second large bowl on top. Strain the stock into the large bowl, discard the solids, and let cool.

Transfer the stock to airtight containers and store in the fridge for up to 1 week or in the freezer for up to 1 month.



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