**Lemon Chicken Velvet Soup**

(2 servings)

Ingredients:

* 30ml butter
* 30ml flour
* 1 can (14.5oz) chicken broth
* 45ml lemon juice
* Half a chicken breast, diced and cooked
* 10 fresh or frozen sugar snap peas
* 30ml fresh parsley
* 5ml grated lemon zest
* 45ml heavy whipping cream

Method:

1. In a small saucepan, melt butter. Stir in flour until smooth.
2. Gradually add broth and lemon juice
3. Bring to a boil and cook for 1-2 minutes until thickened
4. Stir in the cooked chicken, peas, parsley and lemon zest
5. Cook for 2-3 minutes longer then stir in cream