

# SIMPLE SELF CARE

LOOK AT  
SOMETHING  
NICE



SMELL  
SOMETHING  
NICE

FEEL  
SOME-  
THING  
NICE



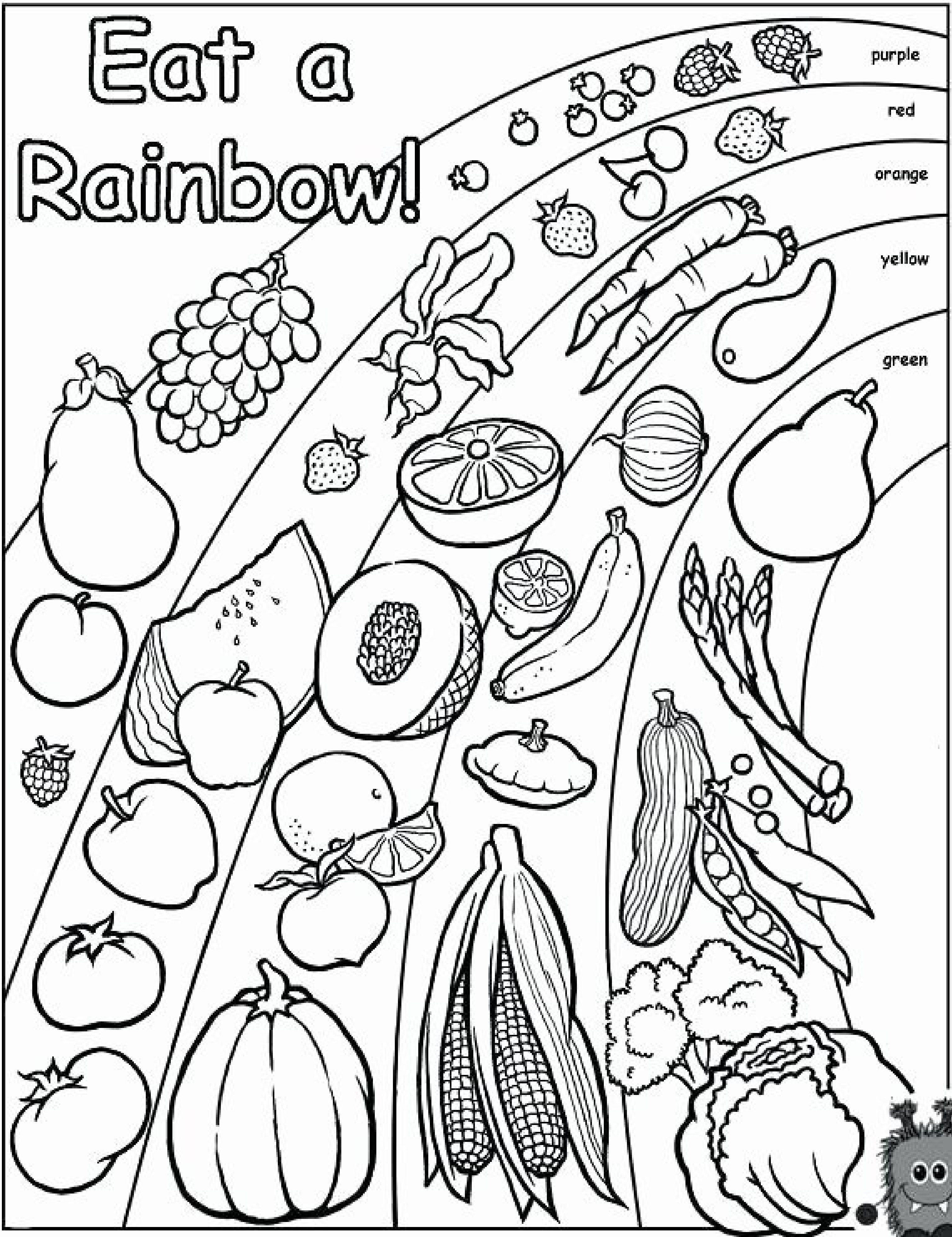
LISTEN TO  
SOMETHING  
NICE



TASTE SOMETHING NICE



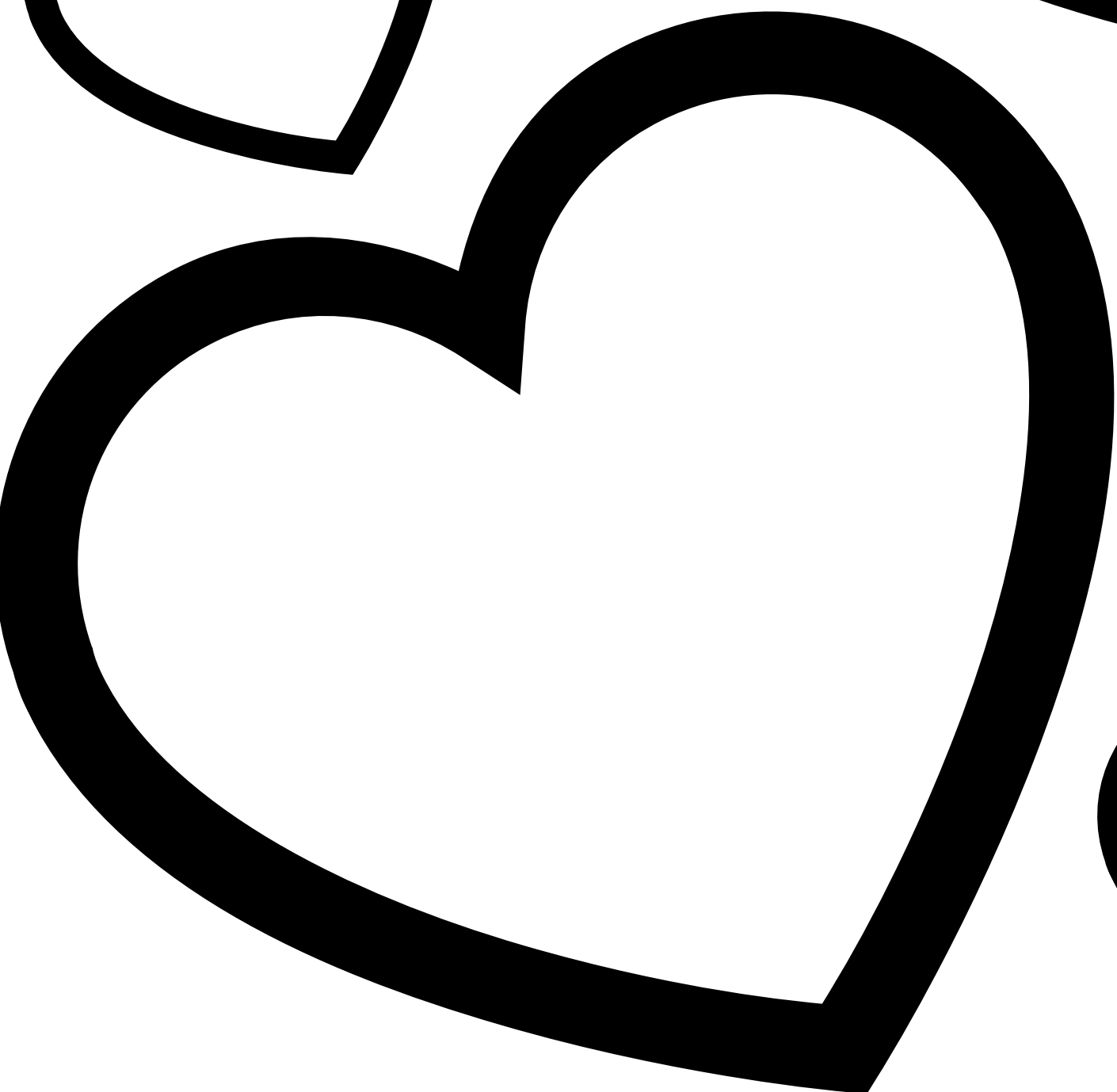
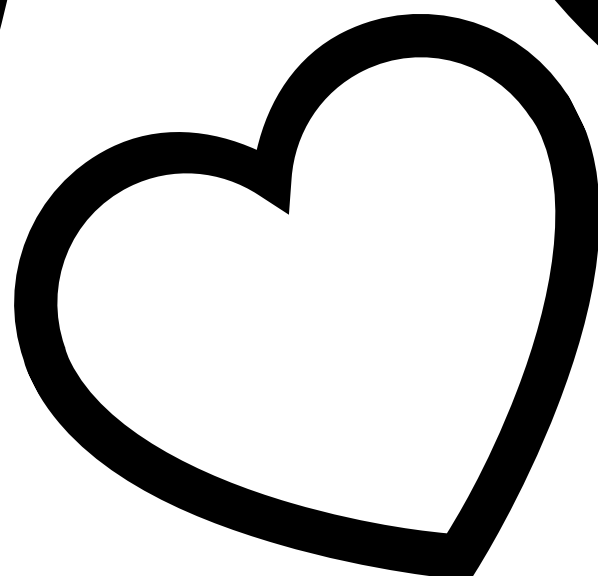
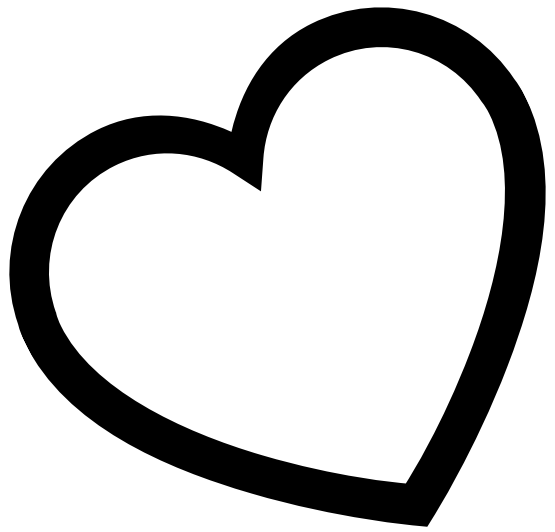
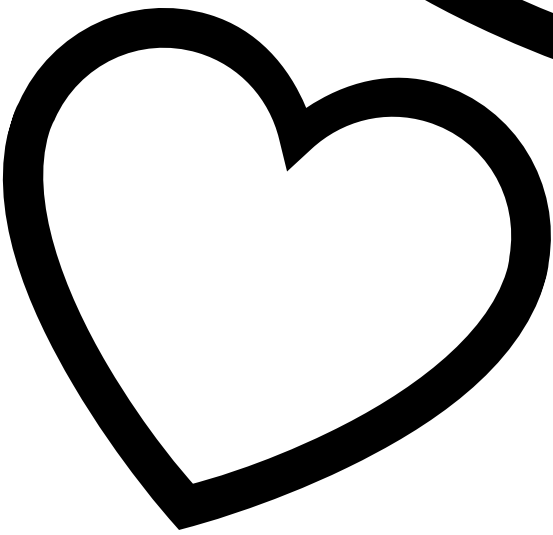
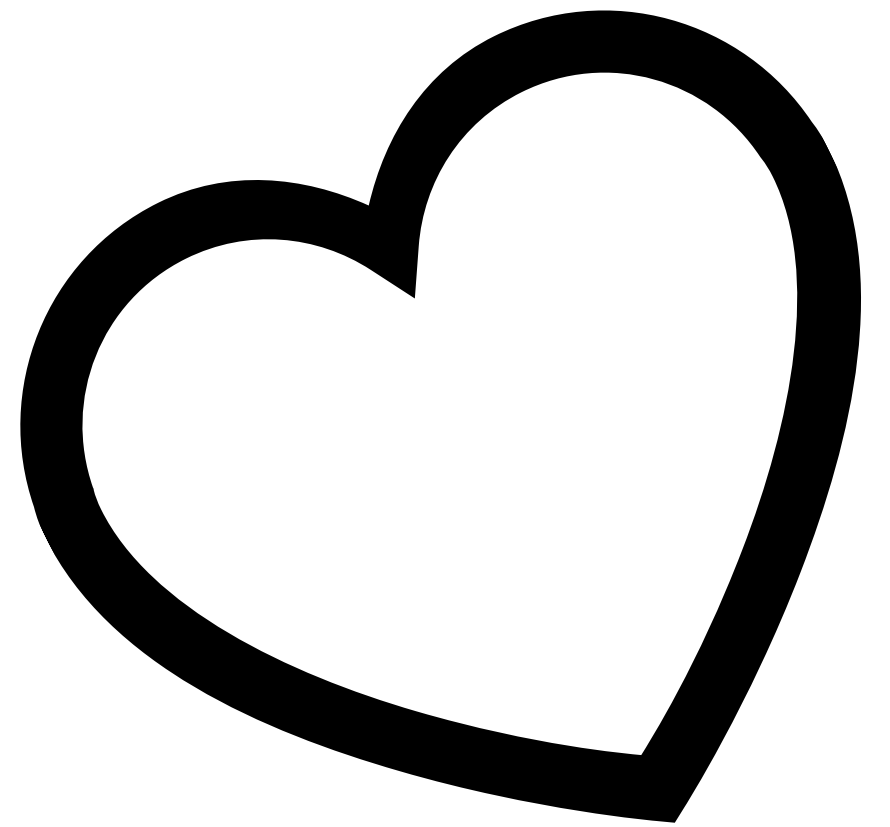
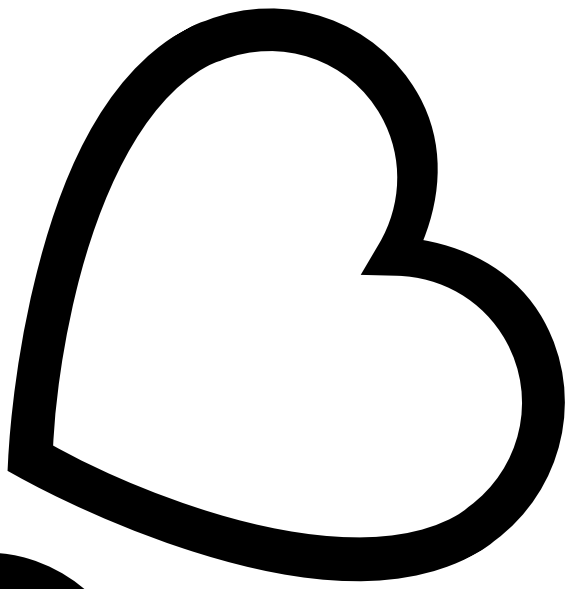
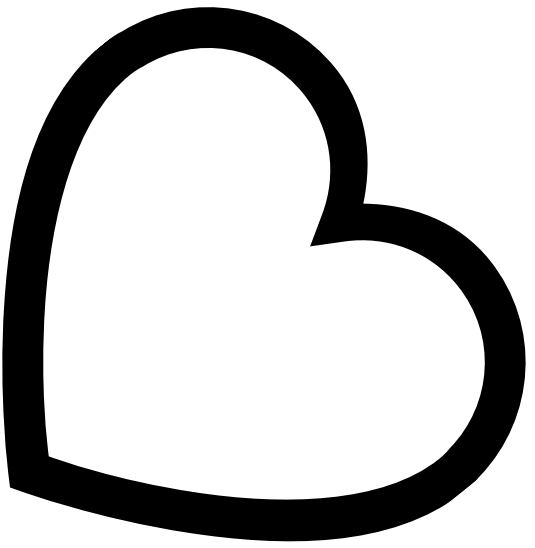
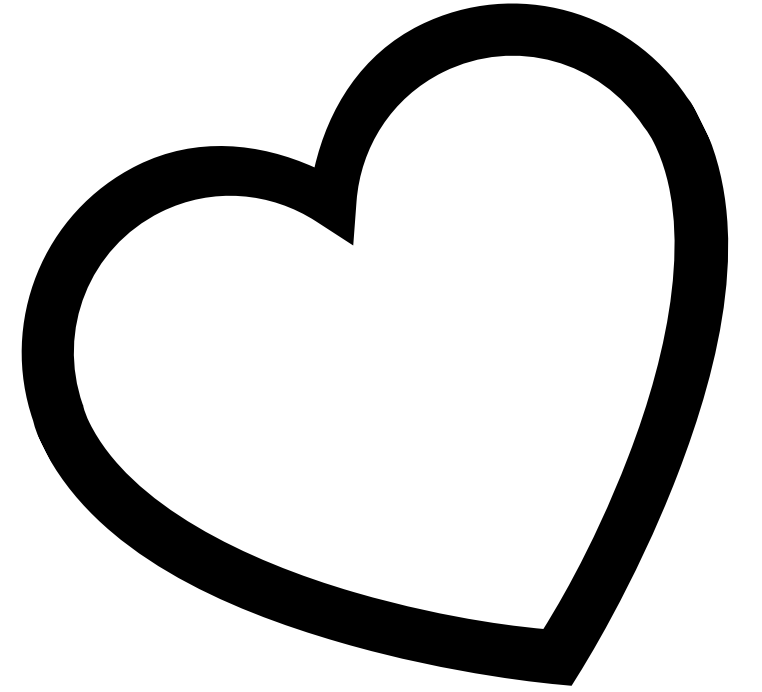
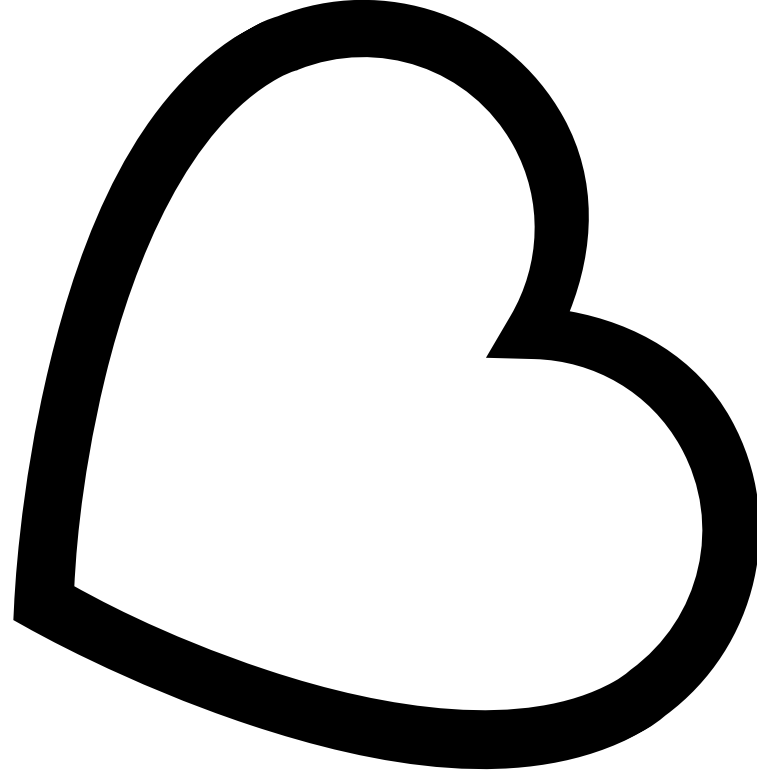
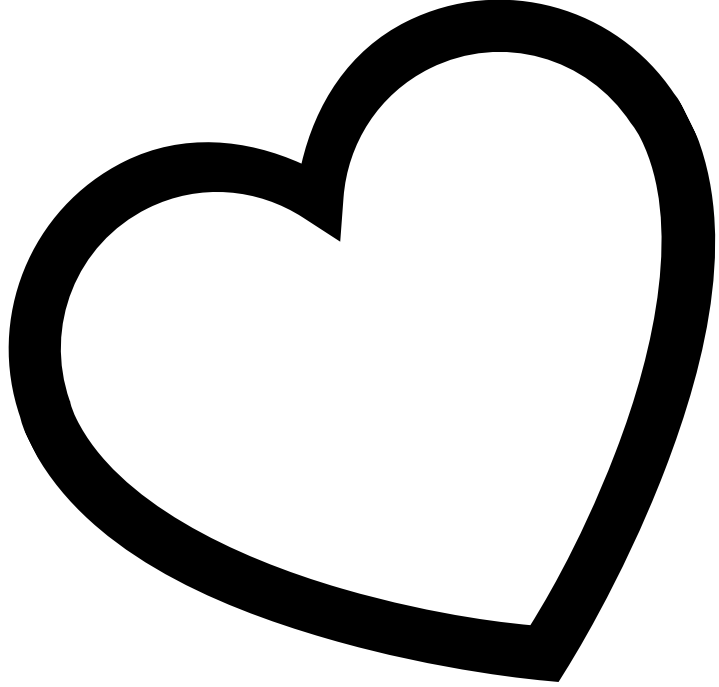
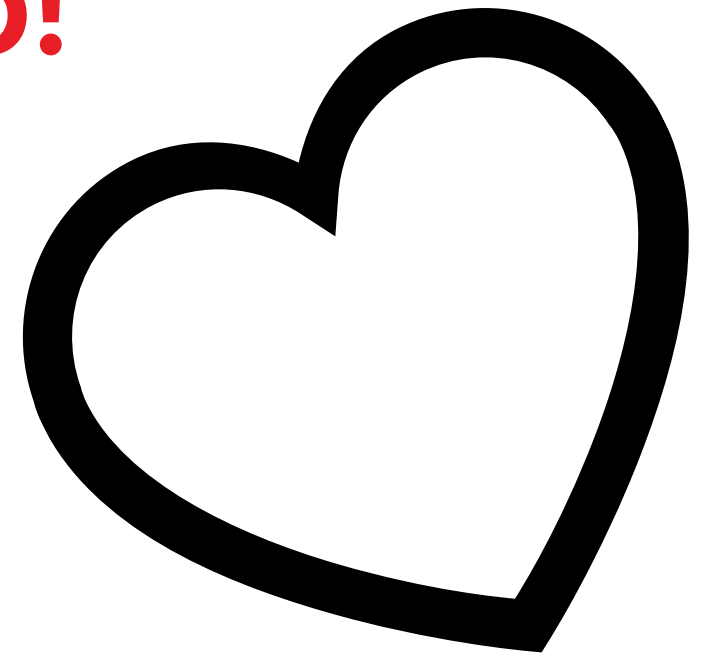
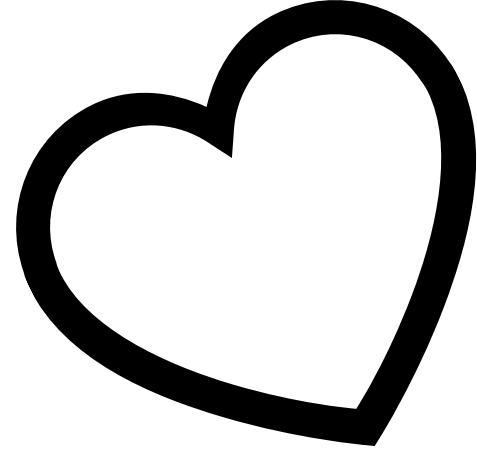
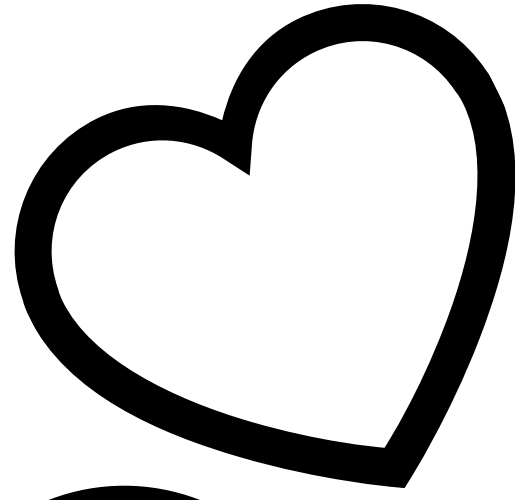
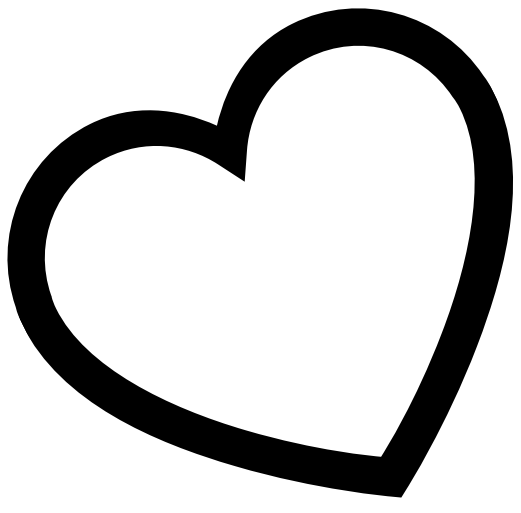
# Eat a Rainbow!



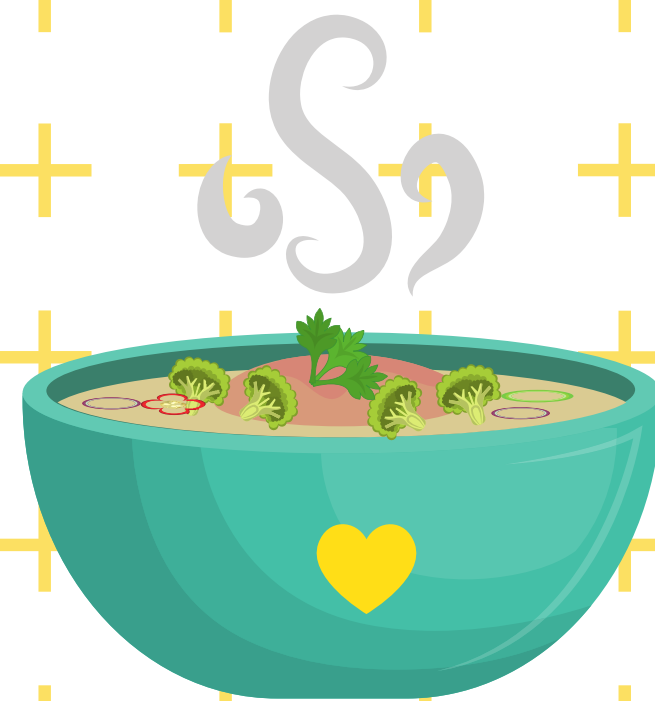
**EAT A RAINBOW FOR A HEALTHY HEART**

**Think of more self care tips.**

**Take care of you to!**



# Hearty Chicken and Vegetable soup



## YOU'LL NEED

4 skinless, boneless chicken thigh fillets  
(about 225–350g/8–12oz total weight)

2 teaspoons sunflower oil

1 onion, chopped

1 leek, washed & thinly sliced

1 celery stick, chopped

2 carrots, sliced

55g (2oz) easy-cook long grain white  
rice

850ml (1 1/2 pints) chicken or homemade  
vegetable stock

1 teaspoons dried mixed herbs

Freshly ground black pepper, to taste

**Prep time: 20 minutes | Cooking  
time: 30–35 minutes**

1. Cut chicken into 1cm (1/2in) cubes. Heat sunflower oil in a large, non-stick saucepan; add onion, leek and celery and cook over a medium heat for about 5 minutes or until softened, stirring occasionally. Add chicken, carrots and rice; cook for 2–3 minutes or until chicken is sealed all over, stirring frequently.

2. Stir in stock, herbs and black pepper. Bring to the boil; reduce heat, cover and simmer for 20–25 minutes or until chicken and rice are cooked and carrots are tender, stirring occasionally.

Serve soup in warmed soup bowls with some fresh crusty bread to accompany.