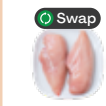




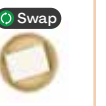
Tuscan Chicken and Chickpea Soup

with Roasted Potatoes and Spinach

Family Friendly 25-35 Minutes



Chicken Breasts
2 | 4



Tofu
1 | 2

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Thighs
280 g | 560 g



Yellow Potato
250 g | 500 g



Garlic Salt
1 tsp | 2 tsp



Mirepoix
113 g | 227 g



Baby Spinach
56 g | 113 g



Chickpeas
1 | 2



Chili Flakes
1/2 tsp | 1 tsp



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



Mediterranean Spice Blend
1 tbsp | 2 tbsp



Cream
56 ml | 113 ml

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Prep and roast potatoes

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, until **potatoes** are golden-brown, 20-22 min.

2



Prep

Swap | Chicken Breasts

Swap | Tofu

- Roughly chop **spinach**.
- Pat **chicken** dry with paper towels. Season **chicken** with **remaining garlic salt** and **pepper**.

3



Sear chicken

Swap | Tofu

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil**, then **chicken**. (TIP: For 4 ppl, cook chicken in two batches, using 1 tbsp oil for each batch.) Sear until **chicken** is golden brown, 1-2 min per side.

4



Cook veggies

- Add **mirepoix** to the pot with **chicken**. Cook, stirring occasionally, until **veggies** soften slightly, 3-4 min.
- Add **Mediterranean Spice Blend**. Cook, stirring often and scraping **browned bits** from bottom of pot, until fragrant, 30 sec.

5



Start soup

Swap | Tofu

- Stir **sun-dried tomato pesto**, **chickpeas** (including their liquid), **cream** and **1 ½ cups** (2 ½ cups) **warm water** into the pot with **chicken** and **veggies**.
- Bring to a boil over high heat.
- Reduce heat to medium and simmer until **chicken** is cooked through, 6-8 min.**
- When **chicken** is done, use tongs to remove it from **soup** to a plate.
- Using two forks, shred **chicken** into bite-sized pieces.

6



Finish and serve

- When **potatoes** are tender, add to the pot with **soup**.
- Stir in **shredded chicken** and **spinach**, until **spinach** wilts, 1 min. Season with **salt** and **pepper**, to taste.
- Divide soup between bowls. Sprinkle **half the chili flakes** (use all for 4 ppl) over top, if desired.

2 | Prep

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, carefully slice into the centre of each **chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

3 | Cook tofu

Swap | Tofu

When hot, add **1 tbsp oil**, then **tofu**. (TIP: For 4 ppl, cook **tofu** in two batches, using 1 tbsp oil for each batch.) Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min.

5 | Start soup

Swap | Tofu

Disregard instructions to remove and shred **tofu**. Follow the rest of the recipe as written.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.