



African-Inspired Peanut Soup

with Kidney Beans and Sesame Flatbreads

Veggie

Spicy

30 Minutes

+ Add



Chicken Breast Tenders

310 g | 620 g

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](http://www.hellofresh.ca)



Kidney Beans

1 | 2



Green Bell Pepper

1 | 2



Sweet Potato

2 | 4



Chili-Garlic Sauce

1 tbsp | 2 tbsp



Yellow Onion

1 | 2



Indian Spice Mix

1 tbsp | 2 tbsp



Peanut Butter

2 | 4



Vegetable Stock Powder

1 tbsp | 2 tbsp



Soy Sauce

2 tbsp | 4 tbsp



Flatbread

2 | 4



Cilantro

7 g | 7 g



Sesame Seeds

1 tbsp | 2 tbsp

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.

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, medium bowl, silicone brush, strainer, vegetable peeler, whisk

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce

+ Add | **Chicken Breast Tenders**

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Roughly chop **cilantro**.
- Drain **beans**.

2



Start soup

- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**.
- Cook, stirring occasionally, until slightly softened, 2-3 min.
- Add **chili-garlic sauce** and **Indian Spice Mix**. Cook, stirring constantly, until fragrant, 30 sec.

3



Make soup base

- Meanwhile, add **soy sauce**, **peanut butter**, **stock powder** and **1 cup** (2 cups) **hot water** to a medium bowl. Whisk until smooth.

4



Finish soup

- Add **beans**, **sweet potatoes**, **peppers**, **soup base** and **1 cup** (1 ½ cups) **water** to the pot with **onions**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Season with **salt** and **pepper**.
- Cover and cook, stirring occasionally, until **veggies** are tender, 10-12 min. Season with **salt** and **pepper**.

5



Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Brush tops with **1 tbsp** (2 tbsp) **oil**. Season with **salt**, then sprinkle with **sesame seeds**. Gently press down on **sesame seeds** to adhere.
- Broil in the **middle** of the oven until **sesame seeds** are golden-brown, 3-5 min. (**TIP**: Keep an eye on them so they don't burn.)

6



Finish and serve

- Quarter **flatbreads**.
- Divide **soup** between bowls. Sprinkle **cilantro** over top.
- Serve **flatbreads** alongside for dipping.

+ Add | **Chicken Breast Tenders**

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.**

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top **soup** with **chicken**.

* 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.