



Carb Smart Creamy Mushroom and Parsnip Soup with Garlic Toasties

Smart Meal

Veggie

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



Ciabatta Roll
1 | 2



Mushrooms
227 g | 454 g



Parsnip
1 | 2



Mirepoix
113 g | 227 g



Cream
113 ml | 237 ml



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Garlic Spread
2 tbsp | 4 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Parsley and Thyme
14 g | 21 g

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 | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, parchment paper, vegetable peeler

1



Prep and roast mushrooms

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

- Cut **mushrooms** into ¼-inch thick slices.
- Strip **1 tsp** (2 tsp) **thyme leaves** from stems.
- Add **mushrooms, thyme** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**.
- Roast in the **bottom** of the oven, stirring halfway, until tender, 10-14 min.

2



Finish prep

+ Add | **Chicken Breast Tenders**

- While **mushrooms** roast, peel, then quarter **parsnip** lengthwise. Cut into ¼-inch quarter-moons.
- Cut **ciabatta** into ¼-inch thick slices. You will have **6 slices** (12 slices for 4 ppl).
- Finely chop **parsley**.

3



Start soup

+ Add | **Chicken Breast Tenders**

- Heat a large pot over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **parsnips, mirepoix** and **remaining thyme sprigs**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp and lightly golden, 3-4 min.
- Add **half the garlic spread**, then sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.
- Add **cream, stock powder** and **1 ¾ cups** (3 cups) **water**. Season with **salt** and **pepper**. Bring to a simmer over high.

4



Finish soup and make toasties

- Reduce heat to medium. Cook uncovered, stirring occasionally, until **veggies** are tender, 7-10 min.
- Spread **remaining garlic spread** over **ciabatta slices** and arrange on an unlined baking sheet.
- Toast in the **top** of the oven until crisp and golden, 3-4 min.

5



Finish and serve

- Remove and discard thyme stems from **soup**.
- Add **mushrooms**. Season to taste with **salt** and **pepper**. Stir to mix.
- Divide **soup** and **toasties** between bowls.
- Sprinkle **parsley** over top.

Measurements
within steps

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

2 | Finish prep

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, on a clean cutting board, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.

3 | Start soup

+ Add | **Chicken Breast Tenders**

When pan is hot, add **½ tbsp** (1 tbsp) **oil** then **parsnips, mirepoix, chicken** and **remaining thyme sprigs**. Season with **salt** and **pepper**. Cook, stirring often until **veggies** tender-crisp and lightly golden and **chicken** is cooked through, 3-4 min.** Continue with 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.