



# Smart Rustic Chicken Meatball Soup

with Parmesan Toast Soldiers

Smart Meals

35 Minutes

Swap



Customized Protein

+ Add

Swap

or

x2 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)

Mild Italian Sausage, uncased  
250 g | 500 g



Ground Chicken +

250 g | 500 g



Italian Breadcrumbs

2 tbsp | 4 tbsp



Mirepoix

227 g | 454 g



Parmesan Cheese, shredded  
¼ cup | ½ cup



Mushrooms

113 g | 227 g



Zucchini

1 | 2



Chicken Stock Powder

2 tbsp | 4 tbsp



Ciabatta Roll

1 | 2



Garlic, cloves

1 | 2

**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.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

**Pantry items** | Salt, pepper, oil, butter

**Cooking utensils** | Baking sheet, large pot, measuring cups, measuring spoons, medium bowl

1



## Prep

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

 Swap | Mild Italian Sausage, uncased

- Peel, then mince or grate **garlic**.
- Thinly slice **mushrooms**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- In a medium bowl, add **chicken**, **breadcrumbs**, **half the garlic**, ¼ **tsp** (½ **tsp**) **salt** and **half the Parmesan**. Season with **pepper**, then combine.

2



## Sauté veggies

- Heat a large pot over medium.
- When hot, add **1 ½ tbsp** (3 **tbsp**) **butter**, then swirl the pot until melted.
- Add **mirepoix** and **mushrooms**. Cook 3-4 min, stirring occasionally, until slightly softened.
- Add **remaining garlic**, then season with **pepper**. Cook 30 sec, stirring often, until fragrant.
- Stir in **stock powder** and **2 ½ cups** (5 **cups**) **water**. Bring to a simmer over medium-high.

3



## Cook meatballs

- Once **soup** is simmering, using 2 spoons, gently drop **1 tbsp chicken mixture** at a time into soup. (**NOTE:** You should have 10 meatballs for 2 servings; 20 meatballs for 4 servings).
- Bring **soup** back to a simmer.
- Once simmering, add **zucchini**, then reduce heat to medium.
- Cover and cook 8-10 min, stirring occasionally, until **veggies** are tender and **meatballs** are cooked through.\*\*

4



## Toast ciabatta

- When **soup** is almost done, halve **ciabatta**.
- On an unlined baking sheet, arrange **ciabatta** cut-side up.
- Drizzle with ½ **tbsp** (1 **tbsp**) **oil**, then sprinkle **remaining Parmesan** over top. Season with **salt** and **pepper**.
- Broil in the **top** of the oven for 1-2 min, until golden. (**TIP:** Keep an eye on ciabatta so they don't burn.)

5



## Finish toast soldiers and soup

- Cut **ciabatta** into 1-inch-thick strips.
- When **meatballs** are done, season with **salt** and **pepper**.

6



## Finish and serve

- Divide **chicken meatball soup** between bowls.
- Serve **Parmesan toast soldiers** alongside for dipping.

**Measurements within steps** | **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 1 | Prep

 Swap | Mild Italian Sausage, uncased

If you've opted to get **sausage**, prep and cook in the same way the recipe instructs you to prep and cook the **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 165°F.