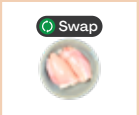




Shredded Chicken and Mushroom Soup in a Ginger-Garlic Broth

Mindful Eats Protein Plus Spicy 30 Minutes



Chicken Thighs
280 g | 560 g

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)



- Chicken Breasts 2 | 4
- Green Onion 2 | 4
- Zucchini 1 | 2
- Carrot 1 | 2
- Mushrooms 227 g | 454 g
- Chicken Stock Powder 1 tbsp | 2 tbsp
- Ginger 30 g | 60 g
- Garlic, cloves 2 | 4
- Sesame Oil 1 tbsp | 2 tbsp
- Black Sesame Seeds 7 g | 14 g
- Chili-Garlic Sauce 1 tbsp | 2 tbsp
- Miso Broth Concentrate 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 | Pepper, salt

Cooking utensils | Large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, vegetable peeler

1



Prep

- Before starting, wash and dry all produce.

- Thinly slice **green onions**.
- Thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Peel, then grate **1 tbsp** (2 tbsp) **ginger**.

2



Poach chicken

🔄 Swap | **Chicken Thighs**

- Pat **chicken** dry with paper towels.
- To a large pot, add **4 cups** (8 cups) **water**, **chicken**, **half the garlic** and **half the ginger**.
- Bring the **water** to a boil over high heat, then reduce the heat to medium and simmer for 15-20 min, until the **chicken** is cooked through.

3



Finish prep

- Meanwhile, trim the tops and bottoms from **carrot** and **zucchini**.
- Using a vegetable peeler, peel long ribbons from all sides of the length of the **carrot** and **zucchini**. Stop when you get to the centre of the **carrot** and spongy centre of the **zucchini**. (**NOTE**: Discard centres.)
- Stack **zucchini** and **carrot strips** into piles, then cut into ½-inch strips lengthwise.

4



Sear veggie ribbons

- Heat a large non-stick pan over medium-high.
- When hot, add **sesame oil**, **zucchini** and **carrots**. Cook for 2-3 min, stirring often until **veggie ribbons** are tender-crisp.
- Season with **salt** and **pepper**.

5



Finish soup

- Once **chicken** has poached, transfer to a large bowl. Set aside.
- To the large pot, add the **mushrooms**, **half the chili-garlic sauce**, **remaining ginger**, **remaining garlic** and **chicken stock powder**.
- Return to a boil over high heat, then reduce to medium. Cook for 2-3 min, stirring often, until **mushrooms** are tender.
- Add **miso broth concentrate**. Stir to incorporate.
- Season with **salt** and **pepper**.

6



Finish and serve

- Using two forks, shred **chicken**.
- Divide **shredded chicken**, **green onions** and **veggie ribbons** between bowls.
- Pour **mushroom broth** over top.
- Sprinkle **sesame seeds** over top.
- Drizzle **any remaining chili-garlic sauce** over top, if desired.

Measurements **1 tbsp** (2 tbsp) **oil**
within steps 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.

2 | Poach chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook in the same way the recipe instructs you to prep and cook **chicken breasts**.

♦ 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, as size may vary.