

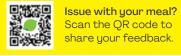
Smart Rustic Chicken Meatball Soup

with Parmesan Toast Soldiers

Carb Smart

Calorie Smart

35 Minutes













Zucchini



Ciabatta Roll



Mushrooms



Chicken Stock Powder



Garlic, cloves



Start here

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

Measurements 1 tbsp (2 tbsp) within steps

Bust out

Baking sheet, medium bowl, measuring spoons, measuring cups, large pot

Ingradients

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	2 Person	4 Person
Ground Chicken •	250 g	500 g
Double Ground Chicken	500 g	1000 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
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Prep

- · Peel, then mince or grate garlic.
- Thinly slice mushrooms.
- Halve zucchini lengthwise, then cut into 1/4-inch half-moons.
- Add chicken, breadcrumbs, half the garlic, 1/4 tsp (1/2 tsp) salt and half the Parmesan to a medium bowl. Season with **pepper**, then combine.

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of chicken. Work in batches, if necessary.



Toast ciabatta

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



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



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 ppl; 20 meatballs for 4 ppl).
- Bring **soup** back to a simmer.
- Once simmering, add zucchini, then reduce heat to medium.
- Cover and cook, stirring occasionally, until veggies are tender and meatballs are cooked through, 8-10 min.**



Finish toast soldiers and soup

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



Finish and serve

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

Dinner Solved!