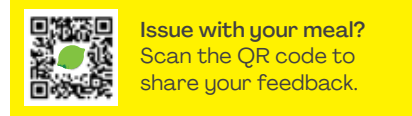
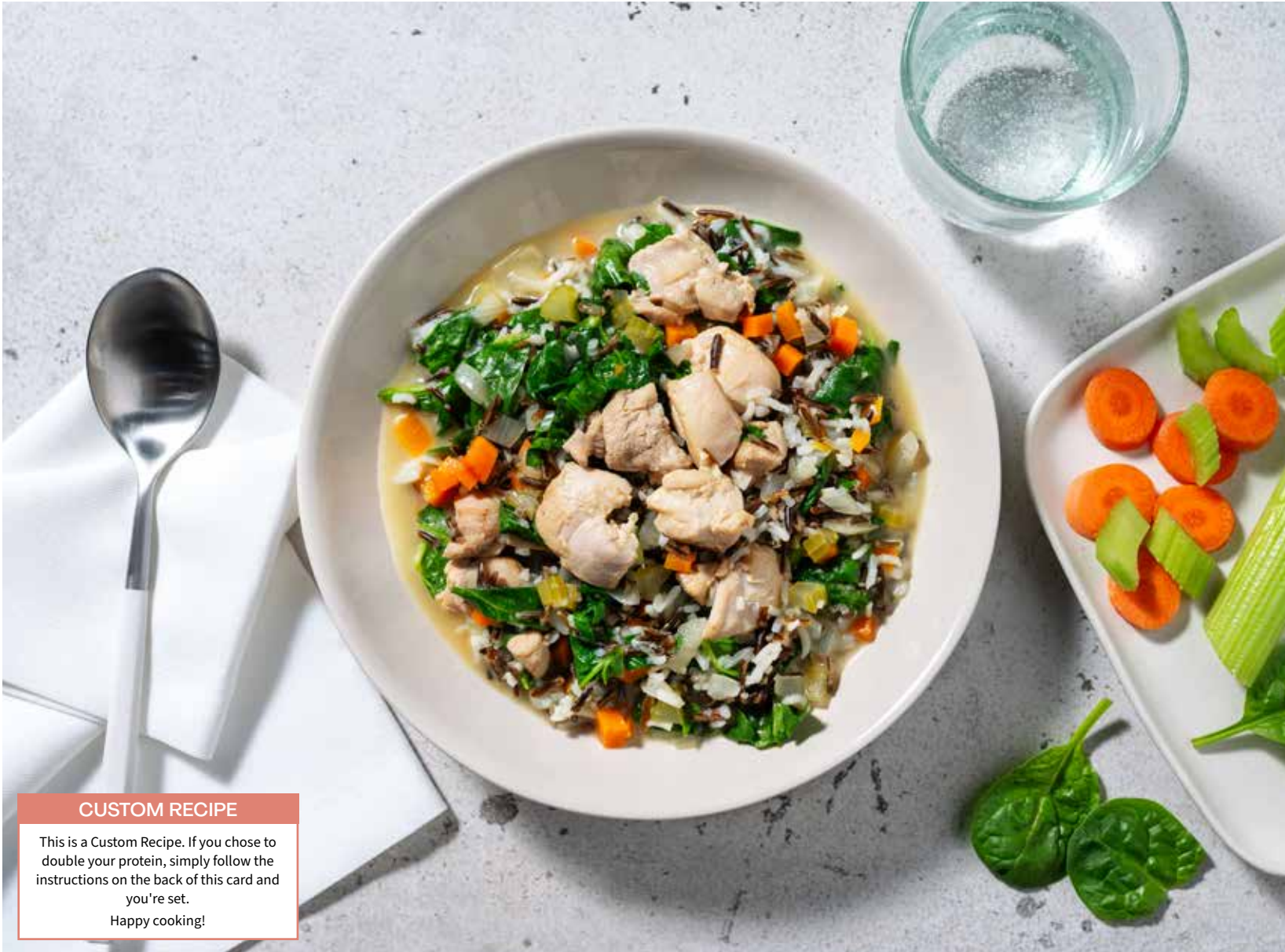




Smart Chicken and Wild Rice Stew

with Spinach and Mirepoix

Carb Smart Calorie Smart Quick 25 Minutes



- Chicken Thighs
- Double Chicken Thighs
- Wild Rice Medley
- Mirepoix
- Chicken Broth Concentrate
- Garlic, cloves
- Garlic Salt
- Baby Spinach
- White Cooking Wine

CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO WILD RICE MEDLEY
Wild rice gives this blend a mild nutty flavour!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, medium pot, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Double Chicken Thighs ♦	560 g	1120 g
Wild Rice Medley	½ cup	1 cup
Mirepoix	113 g	227 g
Chicken Broth Concentrate	1	2
Garlic, cloves	2	4
Garlic Salt	1 tsp	2 tsp
Baby Spinach	28 g	56 g
White Cooking Wine	4 tbsp	8 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ 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.

1



Cook rice

• Add **wild rice medley, 1 cup** (2 cups) **water, 1 tbsp** (2 tbsp) **butter** and **half the garlic salt** in a medium pot. Bring to a boil over high heat.

• Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.

• Remove the pot from heat. Set aside, still covered.

4



Cook chicken and veggies

• Heat a large pot over medium-high heat.

• When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken** and **mirepoix**.

• Cook, stirring occasionally, until **mirepoix** starts to soften and **chicken** begins to brown, 3-4 min. (**NOTE**: Chicken will finish cooking in step 4.)

• Add **garlic**. Cook, stirring often, until fragrant, 30 sec.

• Add **cooking wine**. Cook, stirring often and scraping up **any browned bits** from the bottom of pot, until **wine** is absorbed, 2-3 min.

2



Prep

• Meanwhile, roughly chop **spinach**, if desired.

• Peel, then mince or grate **garlic**.

5



Start stew

• Add **1 ¼ cups** (2 cups) **water** and **broth concentrate**. Bring to a gentle boil. (**TIP**: If you prefer a more brothy stew, add more water, ¼ cup at a time.)

• Once boiling, reduce heat to medium-low.

• Cook, stirring occasionally, until **chicken** is cooked through, 4-5 min. **** (NOTE**: If rice isn't finished cooking, reduce heat of the large pot with chicken to low. Cover and keep warm.)

3



Prep chicken

• Pat **chicken** dry with paper towels. Cut into 1-inch pieces.

• Season with **remaining garlic salt** and **pepper**.

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**.

6



Finish and serve

• When **rice** is done, fluff with a fork. Add **rice** and **spinach** to pot with **chicken**.

• Cook, stirring until **spinach** wilts, 1 min.

• Remove from heat. Season with **pepper**, to taste.

• Divide **chicken and wild rice stew** between bowls.

Dinner Solved!



Issue with your meal?
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