



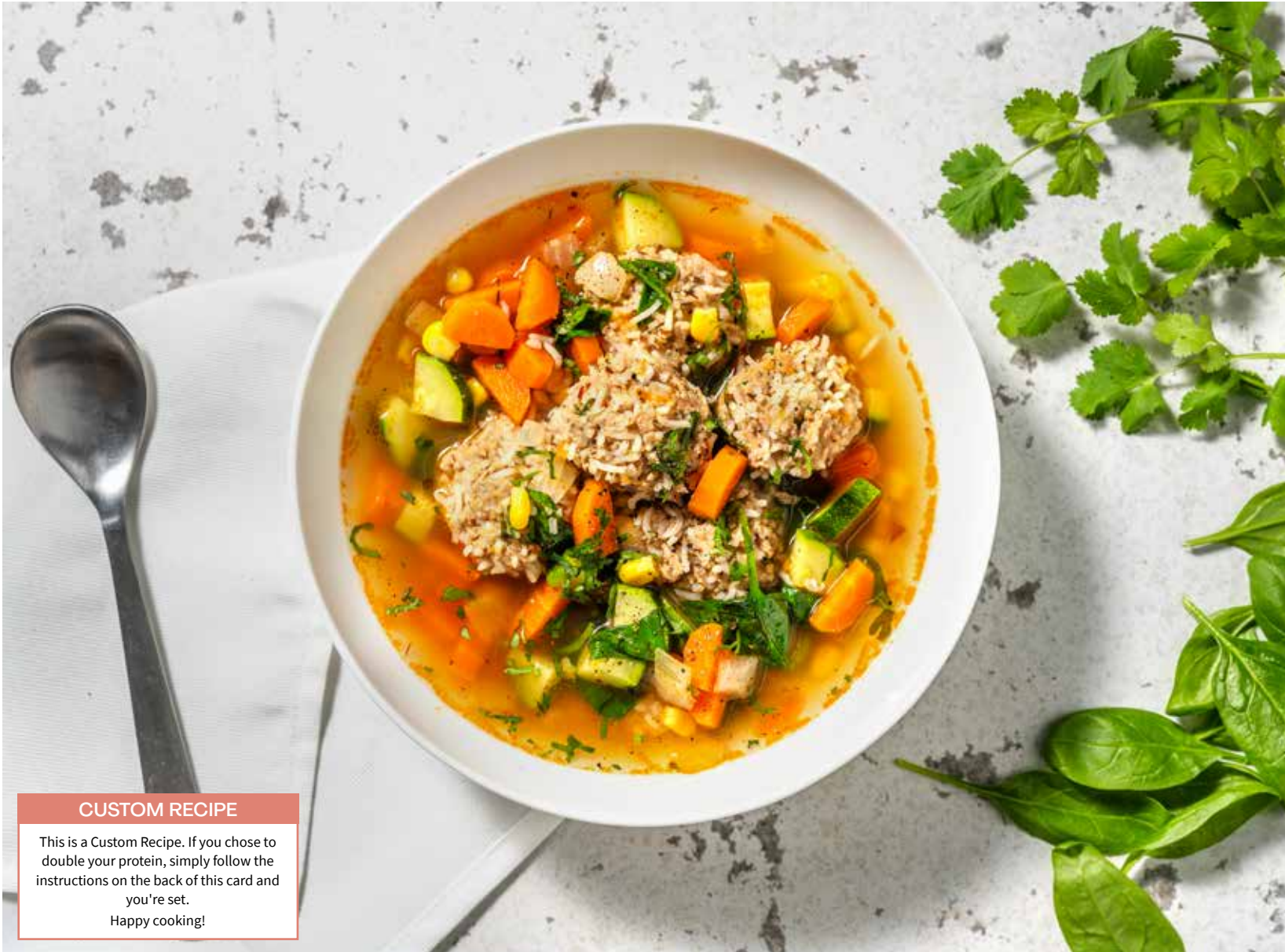
Smart Mexican-Inspired Albondigas Soup

with Rice-Stuffed Chicken Meatballs and Cilantro

Smart Meal 40 Minutes



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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!

- Ground Chicken
- Double Ground Chicken
- Basmati Rice
- Cilantro
- Zucchini
- Baby Spinach
- Garlic, cloves
- Chicken Stock Powder
- Chipotle Sauce
- Corn Kernels
- Carrot
- Yellow Onion

HELLO ALBONDIGAS

The Spanish word for meatballs is 'albondigas'!

Start here

Before starting, wash and dry all produce.

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

Bust out

Medium bowl, vegetable peeler, measuring spoons, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Double Ground Chicken	500 g	1000 g
Basmati Rice	4 tbsp	8 tbsp
Cilantro	7 g	14 g
Zucchini	1	2
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Chicken Stock Powder	1 tbsp	2 tbsp
Chipotle Sauce	2 tbsp	4 tbsp
Corn Kernels	113 g	227 g
Carrot	1	2
Yellow Onion	1	1
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.



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1



Prep

- Add **2 tbsp** (4 tbsp) **rice** to a small bowl, then add **enough hot water** to cover by 1 inch. Set aside to soften, 8-10 min.
- Meanwhile, quarter **zucchini** lengthwise, then cut into ½-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Finely chop **cilantro**.

4



Cook meatballs

- Once simmering, using 2 spoons, form, then gently drop **meatball mixture** into **soup**, **1 tbsp** at a time. Do not stir. (**NOTE:** You should have 10 meatballs for 2 ppl and 20 for 4 ppl).
- Cover and bring **soup** to a boil.
- Once boiling, gently stir in **corn** and **zucchini**. Reduce heat to medium.
- Cover and cook, stirring occasionally, until **meatballs** are cooked through and **rice** is tender, 15-17 min. **** (TIP:** Cut a meatball in half to check for doneness.)

2



Make meatball mixture

- Heat a large pot over medium heat.
- Meanwhile, drain **rice**.
- Add **soaked rice**, **chicken**, **half the garlic**, **half the cilantro**, **1 tsp** (2 tsp) **chipotle sauce** and **¼ tsp** (½ tsp) **salt** 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**.

5



Finish soup

- Add **spinach**, then season with **salt** and **pepper**, to taste. Stir until **spinach** wilts, 1 min.

3



Start soup

- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **carrots** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **remaining chipotle sauce** and **remaining garlic**, then stir until fragrant, 30 sec.
- Stir in **stock powder**, **2 tbsp** (4 tbsp) **dried rice** and **3 cups** (5 ¼ cups) **water**. Bring to a gentle simmer over medium-high.

6



Finish and serve

- Divide **soup** between bowls.
- Sprinkle **remaining cilantro** over top.

Dinner Solved!