



Smart Rustic Chicken and Feta Meatball Soup

with Wild Rice and Garden Veggies

Smart Meal 30 Minutes

↗ Custom Recipe + Add ↻ Swap or *2 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)

*2 Double



Ground Chicken
500 g | 1000 g



- 

Ground Chicken*
250 g | 500 g
- 

Wild Rice Medley
1/2 cup | 1 cup
- 

Mirepoix
113 g | 227 g
- 

Baby Spinach
113 g | 227 g
- 

Feta Cheese, crumbled
1/4 cup | 1/2 cup
- 

Chicken Broth Concentrate
1 | 2
- 

Dill-Garlic Spice Blend
1/2 tsp | 1 tsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, measuring cups, large pot

1



Start rice and veggies

- Wash and dry all produce.
- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **mirepoix** and **rice**.
- Season with **salt** and **pepper**, then cook, stirring often, until **rice** is toasted, 2-3 min.

2



Start stew

- Add **broth concentrate**, **1/8 tsp** (1/4 tsp) **salt** and **4 cups** (8 cups) **water**. Bring to a boil over high.
- Reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender, 15 min.

3



Finish prep

- *2 Double | **Ground Chicken**
- Meanwhile, roughly chop **spinach**.
- Add **chicken**, **half the feta**, **half the Dill-Garlic Spice Blend** (use all for 4 ppl), and **1/4 tsp** (1/2 tsp) **salt** to a medium bowl.
- Season with **pepper**, then combine.
- Using two spoons, form **16 mini rustic meatballs** (32 mini meatballs for 4 ppl).
(NOTE: It's okay if meatballs are not perfectly round!)

4



Cook meatballs

- Once stew has been simmering for 15 min, add **meatballs**.
- Bring to a simmer over high.
- Reduce heat to medium-low.
- Cover and cook, stirring occasionally, until **rice** is tender and **meatballs** are cooked though, 5-7 min.**

5



Finish and serve

- Add **spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 30 sec. (TIP: For an extra flavour boost, add any remaining Dill-Garlic Spice Blend instead of salt!)
- Divide **soup** between bowls.
- Sprinkle **remaining feta** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Finish prep

*2 Double | **Ground Chicken**

If you've opted for **double chicken**, add an extra **1/4 tsp** (1/2 tsp) **salt** to the **chicken mixture**. Roll into **32 mini rustic meatballs** (64 mini meatballs for 4 ppl).

** 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.



Issue with your meal? Scan the QR code to share your feedback.