



Smart Rustic Chicken Meatball Soup

with Parmesan Toast Soldiers

Carb Smart

Calorie Smart

35 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



Italian Breadcrumbs



Mirepoix



Parmesan Cheese, shredded



Mushrooms



Zucchini



Chicken Stock Powder



Ciabatta Roll



Garlic, cloves

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

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

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

Bust out

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

Ingredients

	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 ¼-inch half-moons.
- Add **chicken, breadcrumbs, half the garlic, ¼ tsp (½ 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 ½ **tbsp** (1 **tbsp**) **oil**, then sprinkle **remaining Parmesan** over top. Season with **salt** and **pepper**.
- Broil in the **top** of the oven until golden-brown, 1-2 min. (**TIP**: Keep an eye on ciabatta so they don't burn!)



Sauté veggies

- 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 ¼ cups) **water**. Bring to a simmer over medium-high.



Finish toast soldiers and soup

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



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 and serve

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

Dinner Solved!



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