

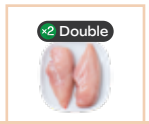


# Smart Tuscan-Inspired Creamy Chicken Soup with Garlic Toast

Carb Smart

Calorie Smart

30 Minutes



Chicken Breasts <sup>+</sup>  
4 | 8

↔ Custom Recipe + Add ↻ Swap or x2 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)



Chicken Breasts <sup>+</sup>  
2 | 4



Mirepoix  
113 g | 227 g



Baby Spinach  
56 g | 113 g



Red Potato  
180 g | 360 g



Chicken Broth Concentrate  
1 | 2



Sun-Dried Tomato Pesto  
1/2 cup | 1/2 cup



Cream Cheese  
2 | 4



Ciabatta Roll  
1 | 2



Garlic, cloves  
2 | 4

**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** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, measuring spoons, small bowl, measuring cups, whisk, large pot, paper towels

1



## Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Peel, then mince or grate **garlic**.
- Cut **potatoes** into ¼-inch half-moons.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.

2



## Sear chicken and veggies

×2 Double | Chicken Breasts

- Heat a large pot over medium-high heat.
- When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **chicken**.
- Sear, stirring often, until golden all over, 1-2 min. (**NOTE**: Chicken will finish cooking in step 3!)
- Transfer **chicken** to a plate.
- Add **mirepoix** and **potatoes** to the same pot.
- Cook, stirring occasionally, until **potatoes** and **mirepoix** soften slightly, 4-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

3



## Cook potatoes and chicken

- Add **cream cheese**, **broth concentrate**, **pesto** and **2 cups** (4 cups) **water** to the same pot. Carefully whisk until **cream cheese** is well combined.
- Bring to a boil over high. Once boiling, reduce heat to medium.
- Cook until **potatoes** are tender and **chicken** is cooked through, 8-10 min.\*\*

4



## Make garlic toast

- Meanwhile, roughly chop **spinach**.
- Add ½ **tblsp** (1 **tblsp**) **butter** and **remaining garlic** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Halve **ciabatta**.
- Arrange on an unlined baking sheet, cut-side up. Spread **garlic butter** over **ciabatta**.
- Broil in the **middle** of the oven until golden-brown, 1-2 min. (**TIP**: Keep an eye on ciabatta so they don't burn!)

5



## Finish soup

- Add **spinach** to the pot. Stir until combined and **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.

6



## Finish and serve

- Divide **creamy chicken soup** between bowls.
- Cut **ciabatta** into two, then serve alongside.

Measurements  
within steps

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

## 2 | Sear chicken and veggies

×2 Double | Chicken Breasts

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

\*\* 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.



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