



GREEK CHICKEN & VEGETABLE SOUP

with Ciabatta



Thicken your soup
the Greek way



Brown Onion



Leek



Celery



Carrot



Garlic



Parsley



Free-Range Chicken
Breast



Free-Range Chicken
Thigh



Chicken Stock



Bake-At-Home Ciabatta



Lemon



Greek Yoghurt

Pantry Staples



Olive Oil



Water



Egg

Hands-on: **25 mins**
Ready in: **40 mins**

Eat me early

We're taking tips from the Greek kitchen and showing you how to create a creamy chicken & veggie soup. All it takes is some lemon, an egg, and a little know how. And we know how!

BEFORE YOU — START

You will need: **kettle, chef's knife, chopping board, vegetable peeler, garlic crusher, large saucepan** or **casserole dish, tongs, plate, wooden spoon, two forks, whisk** and a **small bowl**. Let's start cooking the **Greek Chicken & Vegetable Soup with Ciabatta**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan forced**. Boil the **water** in a kettle (be sure to check the ingredients list for the amount needed). Finely chop the **brown onion**. Finely slice the **leek**. Dice the **celery**. Peel and dice the **carrot**. Peel and crush the **garlic**. Roughly chop the **parsley** leaves.



2 BROWN THE CHICKEN

Heat the **olive oil** in a large saucepan or casserole dish over a medium-high heat. Add the **free-range chicken breast** and **chicken thigh** and cook for **2 minutes** on each side, or until golden (the chicken will continue to cook in step 3). Remove from the pan and set aside on a plate.

TIP: Cook the chicken in two batches if you don't have a large enough saucepan.



3 COOK THE SOUP

Add the **brown onion, leek, celery** and **carrot** to the same pan and cook for **5 minutes**, or until softened. Add the **garlic** and **1/2 the parsley** and cook for **1 minute**, or until fragrant. Return the **chicken breast, chicken thigh** and any chicken juices to the pan and add the **chicken stock** cube and the boiling **water** (check amount needed). Season with **salt** and **pepper** and stir to combine. Reduce the heat to low and simmer, uncovered, for **10-15 minutes**, or until slightly thickened. Remove the shredded chicken from the pan with tongs and shred using 2 forks. Return the chicken to the pan and stir through. **TIP:** Thinly slice the chicken instead of shredding to save time!



4 BAKE THE CIABATTA

While the soup is cooking, cut the **bake-at-home ciabatta** in half, place in the oven and bake for **8-10 minutes**, or until toasted on the outside and steaming hot on the inside.



5 THICKEN THE SOUP

TIP: While the bread is baking, whisk the **egg** in a **small bowl** and juice the **lemon**. Add **1 tbs** of **lemon juice** to the egg and mix well. This egg-lemon sauce is known as *avgolemono* and is a Greek way of thickening and flavouring soups! When the soup has finished cooking, remove the saucepan from the heat and allow to cool a little. Slowly pour in the **lemon-egg mixture**, stirring as you pour. Stir through the **Greek yoghurt** and season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the Greek chicken and vegetable soup between bowls. Garnish with the remaining **parsley** and mop up with the **ciabatta**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
water*	2 cups
brown onion 🍅	1
leek	1
celery	1 stalk
carrot 🍅	2
garlic 🍅	2 cloves
parsley 🍅	½ bunch
olive oil*	1 tbs
free-range chicken breast	2 fillets
free-range chicken thigh	1 packet
chicken stock	1 cube
bake-at-home ciabatta	1
egg*	1
lemon 🍅	1
Greek yoghurt	1 tub (100g)

*Pantry Items | 🍅 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2120kJ (507Cal)	331kJ (79Cal)
Protein (g)	46.4g	7.2g
Fat, total (g)	18.2g	2.8g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	34.4g	5.4g
- sugars (g)	8.6g	1.3g
Sodium (mg)	600mg	94mg

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