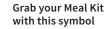


Lemon Chicken & Veggie Rice Soup

with Basil Pesto

WINTER WARMERS











Italian Herbs

Chicken Tenderloins



Soffritto Mix

Aussie Spice Blend





Chicken Stock



Jasmine Rice



Baby Spinach Leaves



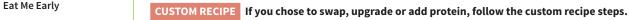
Basil Pesto



Pantry items

Olive Oil

Prep in: 20-30 mins Ready in: 35-45 mins Nip that soup craving in the bud with this four-step dinner. Complete with fragrant jasmine rice, there's no need for noodles when you



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid (or foil)

Ingredients

3				
2 People	4 People			
refer to method	refer to method			
1/2	1			
1 tin (125g)	1 tin (300g)			
1 small packet	2 small packets OR 1 large packet			
1 medium sachet	1 large sachet			
1 medium bag	1 large bag			
1 medium sachet	1 large sachet			
½ medium packet	1 medium packet			
1 packet (20g)	2 packets (40g)			
3½ cups	7 cups			
1 small bag	1 medium bag			
1 packet	2 packets			
1 packet (90g)	1 packet (180g)			
	refer to method ½ 1 tin (125g) 1 small packet 1 medium sachet 1 medium bag 1 medium sachet ½ medium packet 1 packet (20g) 3½ cups 1 small bag 1 packet 1 packet			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3000kJ (717Cal)	616kJ (147Cal)
Protein (g)	48.5g	10g
Fat, total (g)	19g	3.9g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	79.5g	16.3g
- sugars (g)	9.8g	2g
Sodium (mg)	1632mg	335mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3387kJ (810Cal)	637kJ (152Cal)
Protein (g)	55.4g	10.4g
Fat, total (g)	25.8g	4.8g
- saturated (g)	5.1g	1g
Carbohydrate (g)	80.3g	15.1g
- sugars (g)	10.3g	1.9g
Sodium (mg)	2062mg	388mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Slice lemon into wedges. Drain sweetcorn. Boil the kettle.
- Cut chicken tenderloins into 2cm chunks. In a medium bowl, combine Italian herbs and a drizzle of olive oil. Add chicken, toss to coat. Season.
- In a large saucepan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until just browned, 3-5 minutes. Transfer to a plate.

TIP: Chicken will finish cooking in step 3!

Custom Recipe: If you've added diced bacon, cook with the chicken, as above, breaking up bacon with a spoon.



Finish the soup

- Add jasmine rice (see ingredients), chicken stock pot and the boiling water (3½ cups for 2 people / 7 cups for 4 people), stirring to combine.
- Bring to the boil, cover with a lid or foil and cook, stirring occasionally, until rice is tender, 12-15 minutes.
- Stir in baby spinach leaves, chicken and lemon juice, until wilted,
 1-2 minutes. Season to taste.

TIP: Add as much or as little lemon juice as you like!



Start the soup

- Wipe out pan and return to medium-high heat with a drizzle of olive oil.
- Cook soffritto mix and corn, stirring occasionally, until softened,
 4-5 minutes.
- Stir in Aussie spice blend, cook until fragrant, 1 minute.



Serve up

- Divide lemon chicken and rice soup between bowls.
- Top with **basil pesto** to serve. Enjoy!



We need your expertise!
Let our Culinary team know what you thought: hellofresh.com.au/rate