



Lemon Chicken & Veggie Rice Soup

with Basil Pesto

WINTER WARMERS

Grab your Meal Kit with this symbol



Lemon



Sweetcorn



Chicken Tenderloins



Italian Herbs



Soffritto Mix



Aussie Spice Blend



Jasmine Rice



Chicken Stock Pot



Baby Spinach Leaves



Basil Pesto



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

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 have sweet and earthy soffritto, juicy corn and crisp spinach to soak up the deliciousness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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

| | 2 People | 4 People |
|-----------------------|-------------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| lemon | ½ | 1 |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| chicken tenderloins | 1 small packet | 2 small packets OR 1 large packet |
| Italian herbs | 1 medium sachet | 1 large sachet |
| soffritto mix | 1 medium bag | 1 large bag |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| jasmine rice | ½ medium packet | 1 medium packet |
| chicken stock pot | 1 packet (20g) | 2 packets (40g) |
| boiling water* | 3½ cups | 7 cups |
| baby spinach leaves | 1 small bag | 1 medium bag |
| basil pesto | 1 packet | 2 packets |
| diced bacon** | 1 packet (90g) | 1 packet (180g) |

*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



1



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.

3



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!

2



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**.

4



Serve up

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

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