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WK34  
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## Greek Chicken, Lemon & Rice Soup

This Greek soup is the perfect tonic for winter sniffles. It leaves all the ingredients tender and infused with flavour from the chicken stock. You may have never had egg in a soup before, but we think after this beauty you'll be adding it to your repertoire. It makes the soup rich, thick and creamy – it's almost like magic!



**Prep:** 15 mins

**Cook:** 20 mins

**Total:** 35 mins



level 1



lactose free



eat me early

### Pantry Items



Water



Eggs



Jasmine Rice



Chicken Stock



Garlic



Lemon



Chicken Breast



Baby Spinach



Mint

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2P	4P	Ingredients
⅓ packet	1 ⅓ packets	Jasmine rice
1 cube	2 cubes	chicken stock, crumbled
1 L	2 L	boiling water *
1 clove	2 cloves	garlic, peeled & crushed
1	2	lemon, zested & juiced
2 fillets	4 fillets	chicken breast, diced
2	4	eggs, lightly beaten *
1 bag	1 bag	baby spinach
1 bunch	2 bunches	mint, leaves finely sliced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2560	Kj
Protein	52.2	g
Fat, total	16.7	g
-saturated	5.1	g
Carbohydrate	61	g
-sugars	1.4	g
Sodium	239	mg



**You will need:** *chef's knife, chopping board, garlic crusher, box grater, sieve, medium saucepan, heatproof jug or bowl and ladle.*

**1** Place the **Jasmine rice** in a sieve and rinse really well until the water runs clear.

**2** Place the **chicken stock cube, boiling water, garlic, lemon zest and juice** in a medium saucepan over a medium heat. Bring to the boil. Add the Jasmine rice and simmer for **8 minutes**, or until the rice is just tender. Add the **chicken breast** and cook, stirring occasionally, for **3-4 minutes** or until the chicken is cooked through.

**3** Lightly beat the **eggs** in a heatproof jug or bowl. Add ½ cup hot stock mixture from the saucepan to the egg, whisking to combine. Remove the saucepan from the heat then slowly add the whisked egg mixture to the saucepan in a steady stream, stirring until well combined. Place the saucepan back over a low heat and stir through the **baby spinach** until wilted. Season to taste with **salt and pepper**.

**4** To serve, ladle the soup into bowls and top with the fresh **mint**.



**Did you know?** The Romans believed that the scent of mint was able to stop a person from losing their temper.