



Quick Middle Eastern Chicken Soup

with Butter Beans, Capsicum & Fetta



Butter Beans



Tomato



Capsicum



Baby Spinach Leaves



Chicken Breast



Tomato Paste



Chermoula Spice Blend



Vegetable Stock Pot



Fetta Cubes



Marinated Goat Cheese

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early
 Carb Smart*

We've taken butter bean soup to the next level by adding juicy chicken breast, plenty of veggies, and creamy feta to bring it all together. A substantial dinner that also happens to be light on the carbs.

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

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter beans	½ tin	1 tin
tomato	1	2
capsicum	1	2
baby spinach leaves	1 small bag	1 medium bag
chicken breast	1 small packet	1 large packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
water*	2 cups	4 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
brown sugar*	1 tsp	2 tsp
fetta cubes	1 medium packet	1 large packet
marinated goat cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1702kJ (406Cal)	347kJ (82Cal)
Protein (g)	46g	9.4g
Fat, total (g)	12.4g	2.5g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	21.9g	4.5g
- sugars (g)	11.4g	2.3g
Sodium (mg)	1782mg	364mg
Dietary Fibre (g)	11.1g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (616Cal)	428kJ (102Cal)
Protein (g)	57.2g	9.5g
Fat, total (g)	25.4g	4.2g
- saturated (g)	12.3g	2g
Carbohydrate (g)	30.9g	5.1g
- sugars (g)	12.3g	2g
Sodium (mg)	2364mg	392mg

The quantities provided above are averages only.

*Custom Recipe is not Carb Smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

- Drain **butter beans** (see ingredients). Roughly chop **tomato** and **capsicum**. Roughly chop **baby spinach leaves**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

TIP: If you have any small pieces of chicken, no need to slice in half!



Finish the soup

- While chicken is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- Cook **capsicum**, tossing, until golden brown, **3-4 minutes**. Season. Set aside and cover to keep warm.
- Shred cooked **chicken** using two forks. Return **chicken** to the saucepan, then simmer over medium-high heat until sauce is slightly thickened, **1-2 minutes**. Stir in **spinach** until wilted. Season to taste.

TIP: Slice the chicken, if preferred!



Start the soup

- In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **tomato paste**, **chermoula spice blend** and **butter beans**, stirring, until fragrant, **1 minute**. Add **tomato**, **chicken breast**, the **water**, **vegetable stock pot** and **brown sugar**. Season with **salt** and **pepper**.
- Bring to the boil, then reduce heat to medium and simmer until chicken is cooked through, **10-14 minutes**.
- Using tongs, transfer **chicken** to a chopping board. Set aside to cool slightly.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Divide Middle Eastern chicken soup between bowls. Top with capsicum.
- Crumble over the **fetta cubes** to serve.

CUSTOM RECIPE

If you've swapped to marinated goat cheese, drain it and crumble over soup to serve.

Enjoy!