















Shredded Chicken and Ginger Soup

In a Mushroom Broth

Keto Special

30 Minutes



-  Chicken Breasts ★
2 | 4
-  Green Onion
2 | 4
-  Zucchini
1 | 2
-  Carrot
1 | 2
-  Mushrooms
227 g | 454 g
-  Chicken Stock Powder
1 tbsp | 2 tbsp
-  Ginger
30 g | 60 g
-  Garlic, cloves
2 | 4
-  Sesame Oil
1 tbsp | 2 tbsp
-  Black Sesame Seeds
1 tbsp | 2 tbsp
-  Chili-Garlic Sauce 🔥
1 tbsp | 2 tbsp
-  Miso Broth Concentrate
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Prep

- Before starting, wash and dry all produce.

- Thinly slice **green onions**.
- Thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Peel, then grate **1 tbsp** (2 tbsp) **ginger**.

2



Poach chicken

- Pat **chicken** dry with paper towels.
- Add **4 cups** (8 cups) **water**, **chicken**, **half the garlic** and **half the ginger** to a large pot.
- Bring the **water** to a boil over high heat, then reduce the heat to medium and simmer until the **chicken** is cooked through, 15-20 min.**

3



Finish prep

- Meanwhile, trim the tops and bottoms from **carrot** and **zucchini**.
- Use a vegetable peeler, peel long ribbons from all sides of the length of the **carrot** and **zucchini**. Stop when you get to the centre of the **carrot** and spongy centre of the **zucchini**. (**NOTE**: Discard centres.)
- Stack **zucchini** and **carrot strips** into piles, then cut into ½-inch strips lengthwise.

4



Sear veggie ribbons

- Heat a large non-stick pan over medium high heat.
- When hot, add **sesame oil**, **zucchini** and **carrots**. Cook, stirring often until **veggie ribbons** are tender crisp, 2-3 min.
- Season with **salt** and **pepper**.

5



Finish soup

- Once **chicken** has poached, transfer to a large bowl. Set aside.
- Add the **mushrooms**, **half the chili-garlic sauce**, **remaining ginger**, **remaining garlic** and **chicken stock powder** to the large pot.
- Return to a boil over high heat, then reduce to medium. Cook, stirring often, until **mushrooms** are tender, 2-3 mins.
- Add **miso broth concentrate**. Stir to incorporate.
- Season with **salt** and **pepper**.

6



Finish and serve

- Using two forks, shred **chicken**.
- Divide **shredded chicken**, **green onions** and **veggie ribbons** between bowls.
- Pour **mushroom broth** over top.
- Sprinkle **sesame seeds** over top.
- Drizzle **any remaining chili-garlic sauce** over top, if desired.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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