

Shredded Chicken and Ginger Soup

In a Mushroom Broth

Keto Special

30 Minutes





Chicken Breasts



2 | 4



2 4



Zucchini



1 | 2

1 | 2



Mushrooms



227 g | 454 g

Powder 1 tbsp | 2 tbsp



Ginger 30 g | 60 g



Garlic, cloves 2 | 4







1 tbsp | 2 tbsp







Chili-Garlic Sauce



1 tbsp | 2 tbsp

Concentrate 1 2

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.



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.**



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.



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.



Finish soup

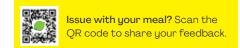
- Once **chicken** has poached, transfer to a large bowl. Set aside.
- Add the mushrooms, half the chili-garlic sauce, remaining ginger, remaining garlic and chicken stock powder to the large pot.
- Return to a boil over high heat, then reduce to medium. Cook, stirring often, until mushrooms are tender,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



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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil