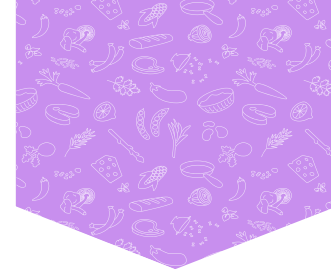




Tuscan Chicken and Chickpea Soup

with Roasted Potatoes and Spinach

PRONTO 30 Minutes



Chicken Thighs



Yellow Potato



Roma Tomato



Garlic



Mirepoix



Baby Spinach



Chickpeas



Chicken Broth Concentrate



Italian Seasoning



Chili Flakes

HELLO AQUAFABA

The liquid from the can of chickpeas helps to thicken this soup.

Start Strong

Before starting, preheat oven to 450°F and wash and dry all produce.

Heat Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust Out

Baking Sheet, Garlic Press, Large Pot, Paper Towels, Parchment Paper, Measuring Spoons, Measuring Cups, Tongs

Ingredients

	2 Person	4 Person
Chicken Thighs	340 g	680 g
Yellow Potato	450 g	900 g
Roma Tomato	160 g	320 g
Garlic	6 g	12 g
Mirepoix	113 g	227 g
Baby Spinach	56 g	113 g
Chickpeas	1 can	2 can
Chicken Broth Concentrate	2	4
Italian Seasoning	1 tbsp	2 tbsp
Chili Flakes 🌶️	1 tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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1. PREP & ROAST POTATOES

Cut **potatoes** into ½-inch pieces. On a parchment-lined baking sheet, toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **middle** of oven, until **potatoes** are golden-brown and tender, 22-25 min.



4. COOK VEGGIES

Heat the same pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **mirepoix**. Cook, stirring occasionally, until **veggies** soften slightly, 3-4 min. Add **tomatoes, garlic, Italian seasoning** and **¼ tsp chili flakes** (dbl for 4ppl). (**NOTE:** Reference Heat Guide in Start Strong.) Cook, stirring often and scraping browned bits from bottom of pot, until fragrant, 1 min.



2. PREP

Cut **tomatoes** into ½-inch pieces. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels. Season **chicken** with **salt** and **pepper**.



5. COOK SOUP

Stir **broth concentrate(s), chickpeas** (including their liquid), **chicken** and **2 cups warm water** (dbl for 4 ppl) into pot with **veggies**. Bring to a boil over high heat. Reduce heat to medium and simmer until **chicken** is cooked through, 6-8 min. ****** When **chicken** is done, use tongs to remove from **soup** to a large plate. Using two forks, shred **chicken** into bite-sized pieces.



3. COOK CHICKEN

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**. (**TIP:** For 4 ppl. cook chicken in two batches, using 1 tbsp oil for each batch.) Sear until **chicken** is golden brown, 1-2 min per side. Transfer to a plate and set aside. (**NOTE:** We will finish cooking the chicken in step 5).



6. FINISH & SERVE

When **potatoes** are tender, add to the pot with **soup**. Stir in **shredded chicken** and **spinach**, until **spinach** wilts, 1 min. Divide **soup** between bowls.

Dinner Solved!