



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pearl Barley


Barley is a type of grain. Pearl barley is barley without the bran (the outer shell) making it extra tender and quicker to cook.



## 2 Chicken and Leek Soup with Rolls

Warming, wholesome, and great on a chilly winter night! Best served with plenty of butter for the rolls and your favourite company.

 30 minutes

 4 servings

 Chicken

3 August 2020

## Blend it

*For a smooth soup, you can leave the chicken on the side after shredding it in step 3. After cooking the veggies in step 4, blend the veggie soup (you may need to add a little more stock or milk/cream). Then, return the chicken just before serving.*

## FROM YOUR BOX

LEEK	1
CELERY STICKS	2
CARROT	1
THYME	1/2 packet *
CHICKEN STOCK PASTE	1 jar
PEARL BARLEY	1 packet (200g)
CHICKEN TENDERLOINS	600g
BROCCOLINI	1 bunch
SHREDDED WHITE CABBAGE	1/2 bag (200g) *
SEEDED DINNER ROLLS	6-pack

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

## KEY UTENSILS

saucepan

## NOTES

If you prefer a thicker soup, add 2 tbsp flour to vegetables and cook for 1 minute, then add stock and water.

Heat the rolls in the oven or toaster if preferred.

**No gluten option** – pearl barley is replaced with buckwheat.

**No gluten option** – bread rolls are replaced with GF bread.



### 1. SAUTÉ THE VEGETABLES

Heat a large saucepan with **1 tbsp oil/butter** over medium-high heat. Slice leek, roughly dice celery and carrot, adding to pan as you go. Cook for 3–4 minutes (see notes).



### 2. ADD THE STOCK

Roughly chop thyme leaves and add to saucepan with stock paste, **1.5 L water** and pearl barley. Cover and bring to a simmer.



### 3. POACH THE CHICKEN

Place chicken into soup and cook for 8 minutes. Remove to a board and shred, using two forks.



### 4. ADD THE GREENS

Cut the broccolini into 3 cm pieces and add to soup with cabbage and chicken. Bring to the boil and simmer for further 3–4 minutes. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide soup among bowls and serve with bread rolls (see notes) and **butter** (optional).

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

