

**Product Spotlight:
Celery Sticks**

Celery stalks are super versatile and can be enjoyed raw, steamed, boiled, baked or fried. Here, we use the vegetable to add flavour to soup.



Chicken & Bean Soup with Cheesy Toasts

A warming bowl of free-range chicken, satisfying beans and tender vegetables, served with cheesy toasts for dipping.



30 minutes



2 servings



Chicken

Skip the soup!

Not in the mood for soup? Roast the veggies, then toss with cooked chicken, boiled pasta, tomato paste and parsley, top with cheese and bake until melted.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	77g	37g	82g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
CELERY STICK	1
TINNED MIXED BEANS	400g
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
CHICKEN TENDERLOINS	300g
CIABATTA LOAF	1
PARSLEY	1 packet
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried thyme, stock cube of choice, red wine vinegar

KEY UTENSILS

large saucepan, oven tray

NOTES

Add 2 tbsp flour at step 2 for a thicker soup. You can replace the thyme with dried herbs of choice like rosemary, oregano or mixed Italian.

You can remove the chicken and blend the soup for a creamy result. Return chicken to soup after blending.

No gluten option – bread is replaced with GF bread.



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1. PREPARE THE INGREDIENTS

Set oven to 250°C.

Dice **onion** and **carrot**, slice **celery**, drain and rinse **beans**.



2. COOK THE ONION

Heat a large saucepan with **oil/butter**. Add **onion**, **1 crushed garlic clove** and **1 tsp dried thyme** (see notes). Cook for 3–4 minutes until softened.



3. SIMMER THE SOUP

Add **carrot**, **celery**, **beans**, **tomato paste**, **1 crumbled stock cube** and **3 cups water** to pan. Cover and bring to a simmer. Add **chicken** and cook for 15–20 minutes until cooked through and **vegetables** are tender (see notes).



4. MAKE THE CHEESY TOASTS

Slice **ciabatta** in half lengthways and place on lined oven tray. Chop **parsley** and mix half with **cheese**, **1 crushed garlic clove** and **2 tbsp oil/butter**. Spread over **bread** and toast for 5 minutes until bubbly and crispy.



5. SEASON THE SOUP

Shred **chicken** using 2 forks and return to **soup** (see notes). Season with **1/2 tbsp vinegar**, **salt** and **pepper**.



6. FINISH & PLATE

Ladle **soup** into bowls, garnish with reserved **parsley**, and serve with sliced **cheesy bread**.

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