



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 Garlic Toasts

With the cooler weather comes warming soups! This one features free-range chicken, satisfying beans, tender vegetables and lots of love.



30 minutes



4 servings



Chicken

Skip the soup!

If you don't feel like soup, you can make pasta bake instead. Dice and roast the vegetables. Mix with cooked chicken, boiled pasta, tomato relish, seasoning, and chopped parsley. Place in an oven dish, sprinkle over cheese, and return to oven to melt the cheese.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	20g	118g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
CELERY STICKS	2
BUTTERNUT PUMPKIN	1
TINNED CANNELLINI BEANS	400g
CHICKEN STIR FRY STRIPS	300g
TOMATO RELISH	1 jar
CIABATTA	1 loaf
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, crush garlic, and slice celery. Peel and dice pumpkin, and drain and rinse beans.



2. COOK THE ONION

Heat a large saucepan with **oil/butter**. Add onion, 1/2 garlic and **2 tsp thyme** (see notes). Cook for 4 minutes until softened. Add chicken and cook for 3-4 minutes until browning begins.



3. SIMMER THE SOUP

Add pumpkin, celery, beans, tomato relish, **crumbled stock cube** and **1.5 L water** to pan. Cover and bring to a simmer. Cook for 15-20 minutes until chicken is cooked through and vegetables are tender (see notes).



4. MAKE THE CHEESY TOASTS

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



5. SEASON THE SOUP

Add **1 tbsp vinegar** to soup. Season to taste with **salt and pepper**.



6. FINISH & PLATE

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

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**

