

**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

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 paste, 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
	54g	18g	55g



## FROM YOUR BOX

BROWN ONION	1
CARROTS	2
GARLIC CLOVES	2
CELERY STICKS	2
TINNED MIXED BEANS	400g
TOMATO PASTE	2 sachets
CHICKEN TENDERLOINS	600g
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** and **carrots**, crush **garlic**, slice **celery**, drain and rinse **beans**.



### 2. COOK THE ONION

Heat a large saucepan with **oil/butter**. Add **onion**, **1 crushed garlic clove** and **2 tsp dried thyme** (see notes). Cook for 3–4 minutes until softened.



### 3. SIMMER THE SOUP

Add **carrot**, **celery**, **beans**, **tomato paste**, **crumbled stock cube** and **1.5L 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 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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