



Product Spotlight: Free Range Eggs

Eggs are nutritional powerhouses!
They contain high-quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



Chicken and Egg Drop Soup

Chicken breast poached in a warm and hearty egg drop soup with kale and brown rice served with a delicious garlic chilli oil and crispy shallots.

35 mins

4 servings

Chicken

25 August 2023

Spice it up!

1 tbsp of grated ginger and the kernels from 1 corn cob would make a great addition to this dish. You could also add fresh spring onion as a garnish.

Per serve: **PROTEIN** 57g **TOTAL FAT** 24g **CARBOHYDRATES** 29g

FROM YOUR BOX

GARLIC	3 cloves
BROWN ONION	1
BROWN RICE	300g
CHICKEN STOCK PASTE	1 jar
CHICKEN BREAST FILLETS	600g
KALE	1 bunch
FREE RANGE EGGS	6-pack
LEMON	1
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, dried chilli flakes (optional), soy sauce (or tamari)

KEY UTENSILS

large saucepan with lid

NOTES

We used sesame oil for extra flavour.

Rinse the rice under cold running water before adding it to the saucepan. Rinsing the rice removes excess starch, so the grains separate better when cooked.



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1. COOK THE GARLIC

Heat a large saucepan over medium heat with **1/4 cup oil**. Peel and slice garlic cloves, add to pan as you go. Cook stirring for 3–4 minutes until garlic is just golden. Pour into a bowl and stir in **2 tsp chilli flakes** (optional). Set aside.



2. SAUTÉ THE ONION

Reheat the saucepan over medium-high heat with **oil** (see notes). Slice the onion and sauté for 3–4 minutes until softened.



3. ADD THE RICE

Add **2L water** to the saucepan along with rice (see notes), stock paste and chicken. Stir to combine. Bring to a boil then reduce heat and simmer, partially covered, for 15–20 minutes.



4. SHRED THE CHICKEN

While the rice is still cooking, transfer the chicken to a plate. Using two forks, shred the meat then return to saucepan.



5. ADD KALE AND EGGS

Remove leaves from kale and roughly chop. Add to saucepan. Crack **3 eggs** into a bowl and whisk to combine. Pour into saucepan and stir to break them up as they cook in the liquid. Season to taste with **1–2 tbs soy sauce** and **pepper**. Remove from heat.



6. FINISH AND SERVE

Wedge lemon.

Evenly divide soup among bowls. Drizzle over garlic (and chilli) oil. Garnish with fried shallots and serve with lemon wedges.

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**

