



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



4 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

14 May 2021

Skip the soup

If you don't feel like soup, you can make pasta bake instead. Dice and roast the onion, carrots and sweet potatoes. Mix with sliced, cooked chicken, boiled pasta, tomato chutney, salt, pepper, and chopped parsley. Place in an oven dish, sprinkle over cheese, and return to oven to melt the cheese.

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
SWEET POTATOES	2
CELERY STICKS	2
MIXED BEANS	400g
TOMATO CHUTNEY	1/2 jar *
CHICKEN BREAST	300g
CIABATTA	1 loaf
SHREDDED CHEDDAR CHEESE	3/4 packet *
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried thyme, 2 garlic cloves, stock cube (of choice, we used chicken), red wine vinegar

KEY UTENSILS

large saucepan, oven tray

NOTES

Add 1 tbsp flour at step 1 for a thicker soup. You can replace the thyme with dried herbs of choice like rosemary, oregano or mixed Italian.

You can blend the soup before returning the shredded chicken for a creamy result.

No gluten option - bread is replaced with GF bread.



1. COOK THE ONION

Set oven to 250°C.

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



2. ADD THE VEGETABLES

Dice carrots, sweet potatoes and celery. Add to pan as you go with drained mixed beans, tomato chutney, **stock cube** and **6 cups (1.5 L) water**. Cover and bring to simmer. Cook for 15-20 minutes.



3. COOK THE CHICKEN

Slice chicken in half lengthways. Add to soup and cook for a further 10-15 minutes until cooked through. Remove from pan.



4. MAKE THE CHEESY TOASTS

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



5. RETURN THE CHICKEN

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

