

**Product Spotlight:
Quinoa**

Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.



Golden Lemon and Ginger Chicken Soup

A full of goodness chicken and leek soup with immune-boosting golden turmeric and ginger, finished with lemon and parsley.



35 minutes



4 servings



Chicken

Make a bigger batch!

You can make extra portions of this soup and bulk it up with any spare vegetables you may have. Freeze the leftovers for a later date!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	7g	31g

FROM YOUR BOX

LEEK	1
CARROTS	2
ZUCCHINI	1
GINGER	1 piece
WHITE QUINOA	2 x 50g
CHICKEN STOCK PASTE	1 jar
CHICKEN SCHNITZELS	600g
BABY SPINACH	1 bag
LEMON	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground turmeric, dried thyme

KEY UTENSILS

large saucepan with lid

NOTES

Halve leek lengthways and wash thoroughly to remove any sand in between the layers.

Roughly chop the spinach leaves before stirring into soup if preferred.



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1. SAUTÉ THE VEGETABLES

Slice leek (see notes), carrots and zucchini into crescents. Peel and grate ginger. Add all to a large saucepan over medium-high heat with **2 tbsp olive oil**. Cook for 5 minutes until softened.



2. ADD QUINOA AND SIMMER

Stir in quinoa, stock paste, **2 tsp turmeric** and **2 tsp thyme**. Pour in **1L water** and bring to a boil.



3. COOK THE CHICKEN

Add chicken to simmering water. Cook for 12 minutes until chicken is cooked through and quinoa is tender. Reduce heat to low.



4. SHRED THE CHICKEN

Remove chicken schnitzels from soup to a chopping board. Use two forks to shred chicken or slice with a knife.



5. FINISH THE SOUP

Stir shredded chicken and spinach (see notes) into soup. Add 1/2 lemon zest and juice (wedge remaining). Season with **salt and pepper**.



6. FINISH AND SERVE

Chop parsley and use to garnish chicken soup. 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**

