

**Product Spotlight:
Organic 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



4/6 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
	44g	10g	21g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEEK	1	1
CARROTS	2	3
ZUCCHINI	1	1
GINGER	1 piece	2 pieces
ORGANIC WHITE QUINOA	2 x 50g	3 x 50g
CHICKEN STOCK PASTE	1 jar	1 jar
CHICKEN SCHNITZELS	600g	600g + 300g
BABY SPINACH	120g	120g
LEMON	1	2
PARSLEY	1 packet	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.



4. SHRED THE CHICKEN

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



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.

6P – use **3 tsp each turmeric and thyme**.
Pour in 1.5L water and bring to a boil.



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**.

6P – add **zest and juice of 1 lemon** (wedge remaining).



3. COOK THE CHICKEN

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



6. FINISH AND SERVE

Chop **parsley** and use to garnish chicken soup. Serve with **lemon wedges**.

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