



Product Spotlight: Bannister Downs Dairy

This recipe uses milk from Bannister Downs Dairy, a vibrant Western Australian owned and family operated dairy farm and processor, proudly producing the highest quality products in Western Australia's South West.



Black Rice Chicken Soup with Roasted Mushrooms

This is chicken soup, but not as you know it! Diced chicken breast browned and simmered with thyme leaves and packed with veggies, finished with WA milk, served over nutty rice with thyme-roasted mushrooms.



35 minutes



4 servings



Chicken

Switch it up!

Skip roasting the mushrooms and add them to the soup. Brown them in the pan with the chicken and continue cooking the soup.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	46g	7g	71g

FROM YOUR BOX

BLACK RICE	300g
BUTTON MUSHROOMS	300g
THYME	1 packet
BROWN ONION	1
CARROTS	2
CELERY STICKS	2
GARLIC	2 cloves
DICED CHICKEN BREAST	600g
FULL CREAM MILK	200ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

2 saucepans, small oven dish/tray

NOTES

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.

Garnish the soup with parmesan cheese, dried chilli flakes and a squeeze of lemon if you have some.



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1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 25–30 minutes, or until tender. Drain and rinse.



2. ROAST THE MUSHROOMS

Quarter **mushrooms** and remove leaves from 1/2 packet thyme (see notes). Toss in a lined oven dish with **oil, salt and pepper**. Roast for 10–15 mins until golden.



3. PREPARE THE INGREDIENTS

Dice **onion**, slice **carrots** and **celery**. Crush **garlic clove**. Set aside some **thyme** for garnish.

Season **chicken** with **salt and pepper**.



4. SIMMER THE SOUP

Heat a large saucepan over medium-high heat with **oil**. Add **chicken**, in batches if necessary, and cook for 5 minutes or until browned. Add prepared ingredients and **thyme**, sauté for 5 minutes. Add **1 L water** and **crumbled stock cube**. Simmer for 15 minutes.



5. ADD THE MILK

Add **milk** to soup and simmer for a further 5 minutes. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **rice** among bowls. Ladle in soup. Top with roasted **mushrooms** and reserved **thyme leaves** (see notes).

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