



Product Spotlight:
Wild Rice

Wild rice is called rice and cooks much like rice, but is actually a species of grass that has a unique and delicious flavour. Wild rice's chewy texture and fun appearance makes it a great addition to dishes.



Wild 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 wild rice with thyme-roasted mushrooms.



35 minutes



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	9g	82g

FROM YOUR BOX

WILD RICE	100g
BROWN RICE	150g
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.



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 minutes 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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