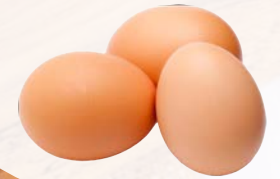





Product Spotlight: Free Range Eggs


Eggs are nutritional powerhouses! They contain very high quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



2 Chicken and Egg Drop Soup

Chicken thigh fillets poached in a warm and hearty soup with free range eggs and brown rice.

 35 mins

 2 servings

 Chicken

25 June 2021

Spice it up!

2 tsp of grated ginger and the kernels from 1 corn cob would make a great addition to this dish. You could also swap out the fried shallots for fresh spring onion as a garnish.

Per serve: **PROTEIN** 39g **TOTAL FAT** 51g **CARBOHYDRATES** 48g

FROM YOUR BOX

GARLIC	3 cloves
LEEK	1/2 *
BROWN RICE	150g
CHICKEN THIGHS	300g
KALE	1/2 bunch
FREE RANGE EGGS	2
LEMON	1/2 *
FRIED SHALLOTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, dried chilli flakes (optional), 1 stock cube, soy sauce

KEY UTENSILS

large saucepan with lid

NOTES

We used sesame oil for extra flavour.

Be sure to rinse your rice under cold running water before adding it to the saucepan.



1. COOK THE GARLIC

Heat a large saucepan over medium heat with **1/4 cup oil**. Peel and slice garlic cloves, add to pan as you go. Cook stirring for 3–4 minutes until garlic is just golden. Pour into a bowl, stir in **2 tsp chilli flakes** (optional), set aside.



2. SAUTÉ LEEK

Reheat the saucepan over medium–high heat with **oil** (see notes). Slice the leek and sauté for 3–4 minutes until softened.



3. ADD THE RICE

Add **1 ltr water** to the saucepan along with rice (see notes), **stock cube** and chicken, stir to combine. Bring to the boil then reduce heat and simmer, partially covered, for 15–20 minutes.



4. SHRED THE CHICKEN

While the rice is still cooking, transfer the chicken to a plate. Using two forks, shred the meat then return to saucepan.



5. ADD KALE AND EGGS

Remove leaves from kale and roughly chop, add to saucepan and stir. Crack the eggs into a bowl and whisk together. Pour into the saucepan and stir to break them up as they cook in the liquid. Season with **1–2 tbsp soy sauce and pepper**.



6. FINISH AND PLATE

Evenly divide the soup among bowls, top with garlic (and chilli) oil, lemon wedges and fried shallots.

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

