

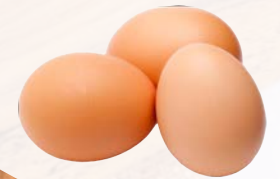


DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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

 4 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** 33g **TOTAL FAT** 32g **CARBOHYDRATES** 36g

## FROM YOUR BOX

GARLIC	3 cloves
BROWN ONION	1
BROWN RICE	300g
CHICKEN THIGH FILLETS	600g
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 ONION

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



### 3. ADD THE RICE

Add **2 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](mailto:hello@dinnertwist.com.au)

