



Creamy Chicken & Roast Veggie Soup

with Garlic Butter Panini

WINTER WARMERS

Grab your Meal Kit with this symbol



Parsnip



Carrot



Onion



Garlic



Celery



Chicken Thigh



Herb & Mushroom Seasoning



Cream



Chicken-Style Stock Powder



Wholemeal Panini



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

A creamy soup at the end of the day is a great way to reset. Try this one with chicken and roasted veggies for those classic flavours but amp up the wow factor with our herb and mushroom seasoning. Those aromas are already warming us up!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
chicken thigh	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
wholemeal panini	1	2
butter*	20g	40g
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3423kJ (818Cal)	654kJ (156Cal)
Protein (g)	37.9g	7.2g
Fat, total (g)	59g	11.3g
- saturated (g)	27g	5.2g
Carbohydrate (g)	45.9g	8.8g
- sugars (g)	13.5g	2.6g
Sodium (mg)	1281mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4008kJ (958Cal)	699kJ (167Cal)
Protein (g)	45.8g	8g
Fat, total (g)	71.1g	12.4g
- saturated (g)	31.5g	5.5g
Carbohydrate (g)	45.9g	8g
- sugars (g)	13.6g	2.4g
Sodium (mg)	1680mg	293mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **parsnip** and **carrot** into bite-sized chunks. Cut **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



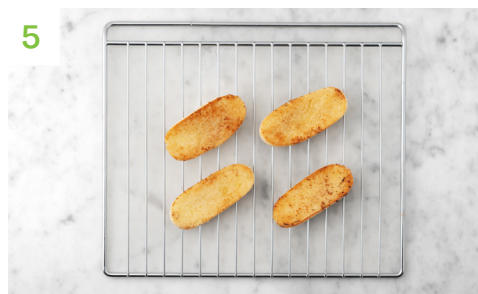
Finish the soup

- Add **cream** (see ingredients), **chicken-style stock powder** and the **water** and bring to the boil.
- Reduce heat to medium and simmer, until slightly reduced, **5-7 minutes**.
- Remove from heat, then add the **roasted veggies** and stir to combine. Season with **pepper**.



Get prepped

- Meanwhile, finely chop **garlic** and **celery**. Cut **chicken thigh** into 2cm chunks.



Toast the panini

- While the soup is simmering, cut **wholemeal panini** in half lengthways.
- In a small bowl, place the **butter** and remaining **garlic**. Microwave in **10 second** bursts or until melted. Season with **salt**.
- Brush **garlic butter** over the cut sides of the **panini**.
- Place **panini** directly on wire racks in the oven and bake until heated through, **5-8 minutes**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, stirring, until browned and cooked through, **3-4 minutes**.
- Add **celery**, stirring, until softened, **4-6 minutes**.
- Add **herb & mushroom seasoning**, the **plain flour** and half the **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: If you've added diced bacon to your meal, heat the pan as above and cook bacon with celery, breaking up with a spoon, until golden, 6-7 minutes. Continue as above.



Serve up

- Divide creamy chicken and roast veggie soup between bowls.
- Serve with garlic butter panini. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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