



**GUEST
CAFE**

Chicken Drumsticks

with Turmeric Pasta Soup



30-40min



2 Portions

Turmeric is just so hot right now and with good reason! It lowers the risk of heart disease, aids weight loss and indigestion, has cancer-fighting properties; the list goes on and on. We've teamed up with the guys at Bondi Harvest to bring you this flavoursome, robust chicken soup that will have you feeling wonderfully gratified all night long.

What we send

- vegetable stock concentrate
- free-range chicken drumsticks
- spice mix (fennel seeds, turmeric)
- wholegrain spaghetti 1
- thyme
- pumpkin
- zucchini
- onion
- long red chilli
- garlic

What you'll require

- olive oil
- salt and pepper

Utensils

- Colander
- large saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1). May contain traces of other allergens.

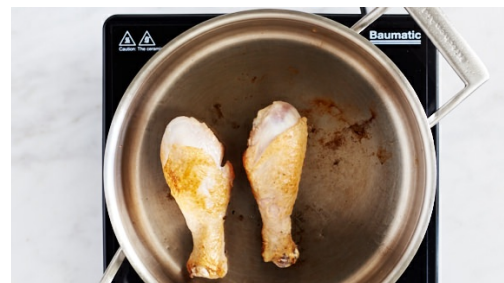
Nutrition per serving

Energy 665.0kcal, Fat 21.6g, Proteins 45.0g, Carbs 69.8g



1. Prepare ingredients

Finely chop the **onion** and **garlic**. Finely chop the **chilli** (deseed for less heat). Cut the **zucchini** into 2cm rounds. Peel and chop the **pumpkin** into 1cm cubes.



2. Brown chicken

Heat 2 tsp **oil** in a large saucepan over medium-high heat. Cook the **chicken** for 6 mins or until golden brown all over. Transfer the chicken to a plate.



3. Cook veggies

Heat 2 tsp **oil** in same pan. Cook the **chilli, garlic, onion, spice mix, pumpkin** and **thyme** (reserve a few small thyme sprigs for garnish), stirring, for 10 mins or until tender.



4. Add chicken

Bring a large saucepan of salted water to the boil for the pasta. Return the **chicken** to the pan with the veggies and add the **vegetable stock concentrate** and 1L (4 cups) water. Bring to the boil. Reduce heat and simmer for 20 mins or until chicken is tender and falling off the bone. Add **zucchini** for the last 5 mins of cooking. Season with **salt and pepper**.



5. Cook pasta

Meanwhile, snap ½ of the **spaghetti** in half (reserve remainder for another use) and cook in the pan of boiling water for 10-12 mins until al dente. Drain well.



6. Get ready to serve

Divide the **spaghetti** between 2 bowls and serve the soup over the top. Garnish with reserved **thyme** sprigs.