



Chicken & Pasta Soup

with Spinach & Sweet Potatoes



20-30min



2 Servings

We've never met a chicken soup we didn't like, but we particularly love how comforting and hearty this one is. And here's a tip—taking the time to brown the chicken and sweet potatoes before adding the remaining ingredients builds extra richness and flavor that you might not expect in such a quick-cooking meal. Cook, relax, and enjoy!

What we send

- chicken broth concentrate
- sweet potato
- lima beans
- fresh thyme
- boneless, skinless chicken breasts
- yellow onion
- baby spinach

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

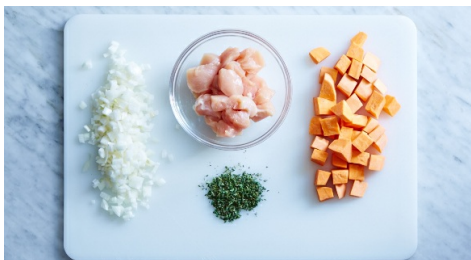
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780.0kcal, Fat 21.0g, Proteins 53.0g, Carbs 88.0g



1. Prep ingredients

Pat **chicken** dry and cut into $\frac{3}{4}$ -inch pieces. Peel **sweet potatoes** and cut into $\frac{3}{4}$ -inch pieces. Peel and finely chop **onion**. Pick and finely chop **thyme leaves**. Finely grate **Parmesan**.



4. Build soup

Add **4 cups water**, **all of the chicken broth concentrate**, **1 tablespoon of the thyme**, **half of the Parmesan** (reserve remaining thyme and Parmesan for step 6), **1 teaspoon salt**, and **several grinds of pepper** and bring to a boil. Add **orzo** and cook, partially covered over medium, stirring and scraping bottom of pot, until pasta is al dente, 8-10 minutes.



2. Sauté chicken

In a medium bowl, season **chicken** with **1 teaspoon salt**. Add **2 tablespoons flour** and toss to coat. Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Lift and tap chicken to remove excess flour and add to the pot in a single layer. Cook turning once, until lightly browned in spots, 3-4 minutes. Transfer chicken to a plate.



5. Finish soup

Add **spinach**, **chicken**, and **half of the lima beans** (save rest for own use), and cook until heated through, 1-2 minutes. Season to taste with **salt** and **pepper**.



3. Sauté vegetables

Add **1 tablespoon oil** to pot along with **sweet potatoes**. Cook over medium-high heat until lightly browned in spots but still very firm, about 3 minutes. Stir in **onions** and cook until barely softened, about 2 minutes.



6. Serve

Serve **soup**, garnished with **remaining Parmesan and thyme**, and a drizzle of **olive oil**. Enjoy!