

DINNERLY



Gingerly Chicken Soup with Sweet Potatoes and Spinach

 20-30min  2 Servings

This healthy soup gets us in all of the right places. Taking the time to brown the sweet potatoes is a simple game changer that adds a layer of deeply caramelized flavor to the broth and plays nicely with fresh ginger. No need to fret about overcooked chicken because it's simmered in the broth, which keeps it juicy and succulent. Spinach added at the end brings the iron and the green. We've got...

WHAT WE SEND

- packet chicken broth concentrate
- boneless, skinless chicken breasts
- fresh ginger
- baby spinach
- sweet potato

WHAT YOU NEED

- coarse salt
- freshly ground pepper
- olive oil

TOOLS

- saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 361.0kcal, Fat 16.4g, Proteins 25.6g, Carbs 25.6g



1. Prep ingredients

Peel **sweet potatoes** and cut into 1-inch pieces. Peel and finely chop **half of the ginger** (save rest for own use.) Cut **chicken** into 1-inch pieces and season with **salt**. Whisk **chicken broth packet** into **2 cups cold water**.



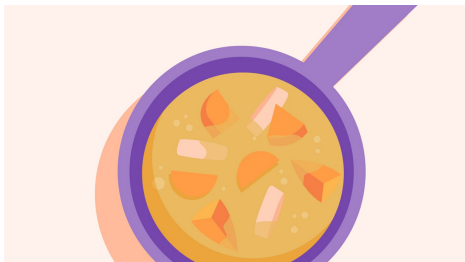
2. Brown sweet potatoes

In a medium saucepan, warm **1 tablespoon olive oil** over medium heat. Add **sweet potatoes** and $\frac{1}{2}$ **teaspoon salt**. Cook, stirring occasionally, until sweet potatoes are browned on the edges and beginning to soften, about 5 minutes.



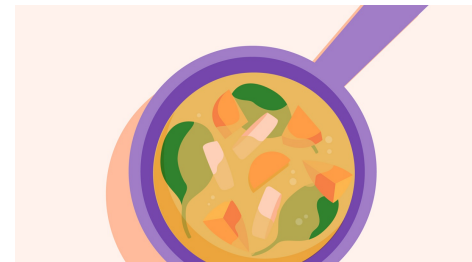
3. Add ginger & chicken

Add **1 tablespoon oil**, **chopped ginger**, and **chicken** to the saucepan. Cook, stirring frequently, until ginger is fragrant and chicken is barely opaque, 1–2 minutes.



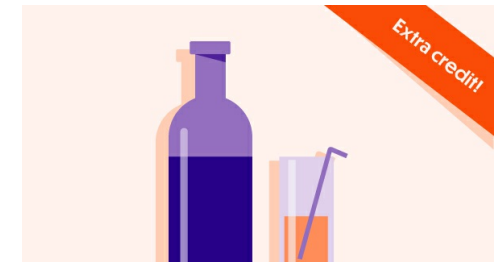
4. Add chicken broth

Add **chicken broth** and $\frac{1}{2}$ **teaspoon each salt and pepper**, scraping the browned bits off the bottom of the pan with a spatula. Cover and bring to a boil. Reduce heat to medium-low and simmer partially covered until the **chicken** is cooked through and **sweet potatoes** are tender, about 5 minutes more.



5. Add spinach

Add **spinach** and cook until wilted, about 1 minute more. Season to taste with **salt and pepper**. Enjoy!



6. Sip

The real sipper of this soup is the broth itself. But inevitably you'll still be thirsty at some point during your meal, so try a dry, nutty Italian white like Pinot Grigio or Soave, or a bubbly bottle of beer.