



Restorative Chicken Soup

with Sweet Potato, Collards & Quinoa



20-30min



2 Servings

This soup is chock full of collard greens, chicken, and sweet potatoes, all of which tenderize as they poach in the flavorful broth, resulting in a delicate texture. It's also packed with protein-rich red quinoa and almond butter. Make sure to sip every last drop of any broth that remains: garlic, ginger, quinoa, leafy greens and sweet potatoes are great immunity boosters

What we send

- 3 oz quinoa
- 1 medium yellow onion
- garlic (use 1 large clove)
- 1 sweet potato
- 12 oz collard greens (use 1½ cups)
- 1 oz fresh ginger
- 1 pkt chicken broth concentrate
- ½ lb boneless, skinless chicken breasts
- 1 pkt almond butter ¹⁵

What you need

- kosher salt & ground pepper

Tools

- small saucepan
- medium pot

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

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 13g, Carbs 86g, Proteins 41g



1. Cook quinoa

Bring **1 cup water** to a boil over high heat in a small saucepan. Add **quinoa** and simmer, covered, until water is absorbed and quinoa is tender, 17-20 minutes. Remove from heat and cover to keep warm



2. Prep ingredients

Meanwhile, peel and finely chop **onion**. Peel and finely chop **1 large garlic clove**. Peel **sweet potato**, then cut into ½-inch pieces. Remove and discard stems from **collard greens**, then coarsely chop **1½ cups leaves** (save rest for own use). Peel and finely chop **1½ tablespoons ginger**.



3. Simmer broth

In a medium pot, combine **chicken broth concentrate**, **2 cups water**, **chopped onions and garlic**, and **sweet potatoes**. Bring to a boil over high heat, then reduce heat to a simmer.



4. Add chicken

Meanwhile, pat **chicken** dry and cut into 1-inch pieces. Add to the pot with **1 teaspoon salt**, and simmer over medium heat, covered, about 15 minutes.



5. Add ginger & greens

Add **chopped ginger and collard greens** to the pot and continue to simmer, covered, until greens are tender, about 5 minutes.



6. Add almond butter & serve

Squeeze **almond butter packet** to soften, then cut open packet and squeeze into a small bowl. Carefully, whisk in **¼ cup of the hot soup broth** until smooth. Add almond broth mixture back into soup, stirring to incorporate; season with **salt** and **pepper**. Spoon **quinoa** into bowls, ladle **soup** over top, and serve. Enjoy!