



## Italian Chicken Minestrone

with Cheesy Jumbo Croutons



20-30min



2 Servings

A warm bowl of minestrone is a surefire way to beat the autumn's chill. By definition, minestrone is already chock full of veggies and goodness, but we've managed to make it even more hearty with jumbo cheesy croutons to soak up all the flavor of this soup. Nutritious kale, tomatoes, and beans, are scattered throughout, as well as a hint of nutty Parmesan grated on top.



## What we send

- 12 oz pkg chicken breasts
- 1 can whole peeled tomatoes
- garlic
- 1 bunch curly kale (use half)
- $\frac{3}{4}$  oz Parmesan <sup>1</sup>
- 1 pkt chicken broth concentrate
- 4 oz quick-cooking farro (use  $\frac{1}{2}$  cup) <sup>2</sup>
- 1 ciabatta roll <sup>2</sup>
- 1 pkt crushed red pepper

## What you need

- olive oil
- kosher salt & pepper
- sugar

## Tools

- box grater or microplane
- medium Dutch oven or pot

## Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 680kcal, Fat 22g, Carbs 64g, Protein 54g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Pat **chicken** dry and cut into 1-inch pieces. Using kitchen shears cut **tomatoes** directly in their can until finely chopped. Peel and thinly slice **1 large garlic clove**. Strip **kale leaves** from half of the bunch (save rest for own use), discard stems; stack leaves and coarsely chop. Finely grate **Parmesan**.



### 4. Add tomatoes & broth

Add **tomatoes and their juices, chicken broth concentrate**, and **3 cups water**. Season with  **$\frac{1}{2}$  teaspoon sugar** and **a pinch each salt and pepper** and bring to a boil.



### 2. Brown chicken

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Season **chicken** with **salt and pepper**, add to pot and cook, turning once, until lightly browned but not cooked through, about 3 minutes. Transfer to a plate.



### 5. Add farro

Stir in  **$\frac{1}{2}$  cup of farro** (save rest for own use) and simmer over medium heat, partially covered, until tender and liquid is slightly reduced, 10-12 minutes. Season to taste with **salt and pepper**. Split **ciabatta**, if necessary.



### 3. Sauté garlic & kale

Add **garlic, chopped kale**, and **1 tablespoon oil** to same pot and cook over medium heat, stirring occasionally, until garlic is fragrant and kale is wilted, 3-4 minutes.



### 6. Make croutons & serve

Brush cut sides of **ciabatta** with **oil**; sprinkle with **half of the Parmesan**. Cut each half into quarters and arrange on foil. Transfer to center oven rack; bake until toasted, 10-12 minutes. Return **chicken** to pot; simmer until cooked through, 3-5 minutes. Ladle into bowls. Drizzle with **oil**, serve with **croutons, remaining Parm**, and **a pinch of crushed red pepper**. Enjoy!