

Chicken and Dumplings

with Carrots and Fresh Thyme



30-40min



2 Servings

We've been waiting for cooler nights for this truly comforting classic: chicken and dumplings. First, there's the intoxicating smell of onions browning with carrots and chicken. Then there are the soft-as-pillow dumplings that puff up in the stew. They're tender and light and perfect for soaking up just a little of that rich broth upon which they float. Cook, relax and enjoy!

What we send

- 5 oz peas
- ¼ oz fresh thyme
- 12 oz pkg boneless, skinless chicken thighs
- 1 yellow onion
- 2 (5 oz) celery
- 1 pkt chicken broth concentrate
- ¼ oz baking powder
- 3 carrots

What you need

- all-purpose flour ¹
- coarse salt
- freshly ground black pepper
- olive oil

Tools

Allergens

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

Nutrition per serving

Calories 590kcal, Fat 21g, Carbs 46g, Protein 47g



1. Prep ingredients

Peel and chop carrot and onion. Cut ends off celery and chop. Peel and finely chop garlic. Cut any fat off the chicken then cut into 1 inch pieces.



2. Brown chicken

Season chicken pieces with pepper and 1 teaspoon salt. Heat 1 tablespoon oil in a pot over medium high. Add chicken in a single layer and cook until well browned without stirring, about 3 minutes. Stir chicken and cook for 2 minutes. Remove from pot.



3. Cook vegetables

Add onion, carrot, celery, garlic and half the thyme sprigs to pot and season with pepper and ½ teaspoon salt. Cook until onion is translucent, about 3 minutes.



4. Simmer

Return chicken to pot and add chicken broth and ½ cup water. Bring to a boil then reduce to a simmer. Simmer partially covered for 20 minutes.



5. Make dumplings

Meanwhile, remove leaves from remaining thyme sprigs and chop. Whisk together ½ cup flour, baking powder, and ½ teaspoon salt. Slowly whisk in ½ cup milk to make a soft batter. It should be slightly thicker than pancake batter. Add more milk if necessary.



6. Add dumplings

Stir peas into pot then drop dumpling batter by the spoonful on top. Sprinkle dumplings with thyme and few grinds of black pepper. Cover and simmer until dumplings are firm, about 10 minutes. Enjoy!