



Chicken & Orzo Soup

with Sweet Potato & Edamame



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.

What we send

- 1 sweet potato
- 1 yellow onion
- ¼ oz fresh thyme
- ¾ oz Parmesan ²
- 10 oz pkg cubed chicken thighs
- 2 pkts chicken broth concentrate
- 3 oz orzo ¹
- 5 oz baby spinach
- 5 oz edamame ³

What you need

- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil

Tools

- microplane or grater
- medium Dutch oven or pot

Allergens

Wheat (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 24g, Carbs 84g, Protein 48g



1. Prep ingredients

Peel **sweet potatoes** and cut into ¾-inch pieces. Finely chop **onion**. Pick and finely chop **thyme leaves**; discard stems. Finely grate **Parmesan**.

Pat **chicken** dry.



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 pot in a single layer. Cook, turning once, until lightly browned in spots, 3-4 minutes. Transfer to a plate.



3. Sauté vegetables

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



4. Build soup

Add **4 cups water**, **all of the broth concentrate**, **half of the Parmesan**, **1 tablespoon of the thyme**, **1 teaspoon salt**, and **several grinds of pepper**. Bring to a boil.

Add **orzo** and lower heat to medium. Cook, partially covered, stirring and scraping bottom of pot, until orzo is al dente, 8-10 minutes.



5. Finish soup & serve

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

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



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