



## 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 <sup>1</sup>
- 10 oz pkg cubed chicken thighs
- 2 pkts chicken broth concentrate
- 3 oz orzo <sup>3</sup>
- 5 oz baby spinach
- 5 oz edamame <sup>2</sup>

## What you need

- kosher salt & ground pepper
- all-purpose flour <sup>3</sup>
- olive oil

## Tools

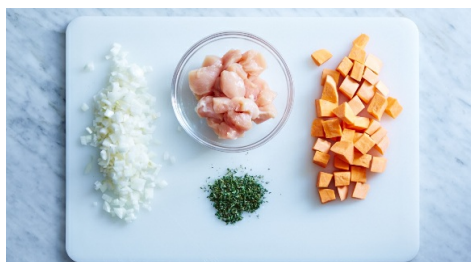
- microplane or grater
- medium Dutch oven or pot

## Allergens

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

## Nutrition per serving

Calories 780kcal, Fat 25g, Carbs 89g, Protein 53g



### 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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