



Chicken Noodle Soup

with Parsnips and Carrots



30-40min



2 Servings

Maybe you've made the kind of chicken soup where you boil an entire bird, chop a mountain of carrots and celery, and wait for hours as the flavors meld. So, how does one get an equally nourishing chicken soup in a fraction of the time? We simmered a bone-in chicken breast (the bone flavors the broth) and cooked the vegetables just a few minutes until they're tender. Parsnips and fresh dill add ...

What we send

- bone-in, skinless chicken breast
- chicken broth
- clove garlic
- scallions
- carrots
- parsnips
- celery stalks
- ditalini pasta
- fresh dill

What you need

Tools

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

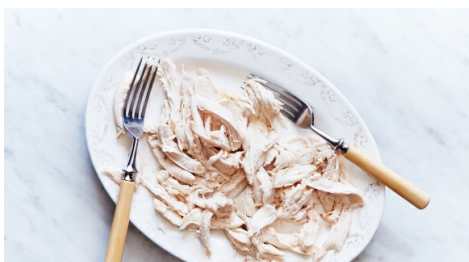
Nutrition per serving

Calories 440.0kcal, Fat 3.0g, Proteins 48.2g, Carbs 50.3g



1. Poach chicken

Combine chicken (remove skin if necessary), broth, 4 cups water, and 1 teaspoon salt in a medium pot and bring to a boil. Reduce heat and simmer, 15 minutes.



4. Shred chicken

Remove chicken. Let cool, then shred meat into bite-size pieces.



2. Prep vegetables

Meanwhile, peel and finely chop garlic. Trim ends from scallions and cut into 1-inch pieces. Peel and slice carrots and parsnips into rounds (cut in half first if thick). Cut celery in half lengthwise then chop.



5. Cook pasta

Meanwhile, return broth to a low boil and add ditalini; simmer until al dente, 8 minutes.



3. Add vegetables

Add scallions, garlic, carrots, celery, and parsnips to pot and simmer, partially covered, until chicken is cooked through, about 5 minutes.



6. Add chicken

Stir in chicken and season soup with salt and pepper. Garnish soup with dill leaves and tender stems. Enjoy!