



Low-Cal Greek Avgolemono Chicken Soup

with Feta-Garlic Pita



30-40min



2 Servings

Avgolemono is a traditional Greek soup, made from chicken broth and egg yolks, which makes it extra creamy. We simmer tender chunks of chicken breast in the broth, along with celery, carrots, and onions. The soup is flavored with bright lemon juice and fresh dill, and served with feta cheese-covered toasted pita.

What we send

- 1 medium yellow onion
- garlic
- 4 oz carrot
- 1 lemon
- 2 pkts chicken broth concentrate
- 12 oz boneless, skinless chicken breasts
- 2 Mediterranean pitas ^{2,3,4}
- 1½ oz feta cheese ⁵
- ¼ oz fresh dill

What you need

- olive oil
- kosher salt & ground pepper
- 2 large egg yolks ¹

Tools

- medium pot

Allergens

Egg (1), Sesame (2), Soy (3), Wheat (4), Milk (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 23g, Carbs 52g, Protein 56g



1. Prep ingredients

Finely chop **onion**. Finely chop **2 teaspoons garlic**. Scrub **carrot**, then halve crosswise and cut each half lengthwise; cut into ¼-inch thick half-moons. Squeeze **1 tablespoon lemon juice** into a medium bowl. Cut any remaining lemon into wedges and reserve for step 5.



2. Make broth

Heat **2 teaspoons oil** in a medium pot over medium-high. Add **onions, carrots, and 1 teaspoon of the chopped garlic**; season with **salt** and **pepper**. Cook, stirring, until fragrant and onions begin to soften, 1-2 minutes. Stir in **all of the broth concentrate** and **2½ cups water**. Bring to a boil over high heat; reduce heat to medium. Let broth simmer while you finish next step.



3. Cook chicken

Preheat broiler with a rack in the top position. Pat **chicken** dry, then cut into 1-inch pieces. Add to pot with **broth**, cover, and let simmer until chicken is cooked through, 8-10 minutes. Season to taste with **salt** and **pepper**.



4. Toast flatbreads

Brush **pitas** with **oil**, then place on a piece of foil (or a rimmed baking sheet). Broil on top oven rack until toasted on top, 1-2 minutes (watch closely as broilers vary). Flip pita; top with **remaining chopped garlic**, then crumble **feta** on top. Drizzle with **oil**. Broil until pita is browned and cheese is slightly melted, 1-2 minutes (watch closely).



5. Temper egg

Coarsely chop **1½ tablespoons dill fronds and tender stems**. Add **2 large egg yolks** to reserved bowl with **lemon juice**, and whisk until foamy and well combined. Transfer **1 cup hot broth** to a liquid measuring cup. Whisking constantly, slowly add broth, 1 tablespoon at a time to **egg mixture** (do not add all at once, or the eggs will curdle).



6. Finish & serve

Stirring constantly, slowly drizzle **tempered eggs** into pot with **remaining soup**. Stir **1 tablespoon of the chopped dill**. Simmer, stirring constantly, over medium-low until soup is slightly thickened, about 3 minutes. Ladle soup into bowls. Sprinkle **remaining chopped dill** over **feta-garlic flatbreads** and serve alongside **soup**. Enjoy!