



# CHICKEN & BOK CHOY MISO SOUP

with Chicken Thighs, Rice & Tangy Cucumber Salad

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
White Rice



**2 | 4**  
Scallions



**6 oz | 12 oz**  
Carrots



**10 oz | 20 oz**  
Diced Chicken Thighs



**2 | 4**  
Miso Sauce Concentrates  
Contains: Soy



**2 TBSP | 4 TBSP**  
Soy Sauce  
Contains: Soy, Wheat



**4 oz | 8 oz**  
Bok Choy and Napa Cabbage



**1 | 2**  
Mini Cucumber



**5 tsp | 10 tsp**  
Rice Wine Vinegar



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### BOK CHOY

This leafy green vegetable hails from the brassica family, along with broccoli and cabbage.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 560



## RICE AND SHINE

Fluffing rice right before serving is an essential step! A fork helps each grain keep its texture, yielding lighter results.

## BUST OUT

- Small pot
- Medium pot
- Peeler
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)

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### 1 COOK RICE

- In a small pot, combine **rice**, **1½ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 4 FINISH PREP

- Meanwhile, trim and thinly slice **cucumber** into rounds.



### 2 START PREP & START SOUP

- **Wash and dry produce.**
- While rice cooks, trim, peel, and halve **carrots** lengthwise; cut crosswise into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- Open package of **chicken\*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add chicken, carrots, **scallion whites**, and a **pinch of salt**; cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes.



### 5 MAKE CUCUMBER SALAD

- In a medium bowl, combine **cucumber**, **scallion greens**, **vinegar**, **½ tsp sugar**, and **½ tsp salt (1 tsp sugar and 1 tsp salt for 4 servings)**.



### 3 FINISH SOUP

- Stir in **bok choy and napa cabbage**, **miso sauce concentrates**, **soy sauce**, and **2 cups water (4 cups for 4 servings)**. Bring to a boil, then cover and reduce to a low simmer. Cook until veggies are tender, 4-6 minutes.
- Taste and season with **salt** and **pepper** if desired.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; divide between small serving bowls.
- Ladle **miso soup** into separate soup bowls. Serve soup and rice with **cucumber salad** on the side.

\*Chicken is fully cooked when internal temperature reaches 165°.