



GINGERY COCONUT CHICKEN SOUP

with Farro, Carrots & Lime

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 Thumb | 2 Thumbs
Ginger



1 | 2
Lime



10 oz | 20 oz
Chopped Chicken
Breast



1 TBSP | 2 TBSP
Curry Powder



3/4 Cup | 1 1/2 Cups
Farro
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



1 | 2
Coconut Milk
Contains: Tree Nuts



1 oz | 2 oz
Sweet Thai
Chili Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

FARRO

A nutrient-rich ancient grain that's
satisfyingly chewy.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 660



FOND OF FOND

When stirring in step 4, scrape up the browned bits (aka fond) from the bottom of the pot. It's an easy way to enhance flavor!

BUST OUT

- Peeler
- Zester
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp** | **2 tsp**)
- Sugar (**1 tsp** | **2 tsp**)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Wash and dry produce.
- Trim, peel, and dice **carrots** into ½-inch pieces. Peel and mince or grate **ginger**. Zest and quarter **lime**.



4 SIMMER SOUP

- Add **½ cup farro** (1 cup for 4 servings; be sure to measure—we sent more) to pot with **chicken mixture**. Cook, stirring, 1 minute.
- Stir in **stock concentrates** and **2½ cups warm water** (4 cups for 4), scraping up any browned bits from bottom of pot. Season with a **big pinch of salt**.
- Cover pot and bring to a boil, then immediately reduce heat to low. Simmer, covered, until flavors meld and farro is tender, 25-30 minutes.



2 COOK CARROTS

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **carrots**; season with **¼ tsp salt** (**½ tsp for 4 servings**). Cook, stirring occasionally, until slightly softened, 4-6 minutes.
- Add **ginger**; cook, stirring, until fragrant, 30 seconds more.



5 ADD MILK & SAUCE

- Thoroughly shake **coconut milk** in container before opening.
- Stir in coconut milk, **chili sauce**, and **1 tsp sugar** (**2 tsp for 4 servings**). Bring to a boil over medium-high heat, then reduce heat to low. Simmer until flavors meld, 4-5 minutes.



3 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid. Add chicken and a **drizzle of oil** to pot with **carrots**. Cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes.
- Season with **curry powder**, **¼ tsp salt** (**½ tsp for 4 servings**), and **pepper**. Stir until evenly coated.



6 FINISH & SERVE

- Stir in **juice from two lime wedges** (**four wedges for 4 servings**). Season with **salt** and **pepper** to taste.
- Divide **soup** between bowls. Sprinkle with **lime zest**. Serve with remaining lime wedges on the side.

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