



QCOOK

Nourishing Chicken Soup

with leeks, carrot & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	373kJ	1849kJ
Energy	89kcal	442kcal
Protein	9.6g	47.4g
Carbs	12g	61g
of which sugars	2.6g	12.9g
Fibre	1.7g	8.5g
Fat	1.8g	8.7g
of which saturated	0.5g	2.7g
Sodium	277mg	1370mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
120g	120g	Carrot <i>rinse, peel & cut ¼ [½] into thin half-moons</i>
100g	200g	Leeks <i>cut in half lengthways, rinse & cut into bite-sized pieces</i>
1	1	Chicken Stock Sachet
10ml	20ml	NOMU Roast Rub
25g	50g	Lumachette Pasta
50g	100g	Corn
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
20ml	40ml	Chilli Cheese <i>(17,5ml [35ml] Grated Italian-style Hard Cheese & 2,5ml [5ml] Dried Chilli Flakes)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)
Butter

1. THE STAR OF THE SHOW Place a pot (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before shredding and seasoning.

2. SET THE STAGE Boil the kettle. Return the pot to medium heat with a drizzle of oil or a knob of butter (optional). Fry the carrot and the leeks until slightly softened, 4-5 minutes (shifting occasionally). Add 500ml [1L] of boiling water and the stock and the NOMU rub. Bring to a boil and add the pasta. Simmer until al dente, 8-10 minutes (stirring occasionally). In the final 1-2 minutes, stir through the corn, the chicken, ½ the parsley, and seasoning.

3. ACTION! Ladle a generous portion of chicken noodle soup into a bowl. Garnish with the remaining parsley, sprinkle over the chilli cheese, and finish it off with a crack of black pepper. Get sipping, Chef!