



**GREEN
CHEF**

THAI-STYLE CHICKEN & VEGGIE SOUP

rice, bell pepper, dried shiitake mushrooms, sesame seeds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

630

MENU

GLUTEN-FREE

Our chefs took inspiration from Thai coconut chicken soup for tonight's bowls. Pulling from traditional flavors, they layered bell pepper, shiitake mushrooms, citrusy aromatics, and a savory-meets-creamy broth, along with jasmine rice for extra heartiness. That all comes together in just 30 minutes with a garnish of scallion and black sesame seeds. Choose your biggest spoon—you'll want to scoop up as much in one bite as possible.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (11 ITEMS)

½ cup	Jasmine rice
1 unit	Red bell pepper
⅓ oz	Dried shiitake mushrooms
1 whole	Scallion
10 oz	Chicken strips*
2 oz & ⅓ oz	Yellow onions & ginger
½ tsp	Crushed red pepper flakes
2¼ oz	Vegetable broth with citrus juice & fish sauce <small>F</small>
1 whole	Chicken stock concentrate
5 oz	Coconut milk <small>T</small>
1 tsp	Black sesame seeds

WHAT YOU'LL NEED

small pot with lid
large pot
small bowl
measuring cup & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

- F FISH (anchovies)
- T TREE NUTS (coconut)

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with about ½ cup water. Let soak at least 5 minutes, or until softened (reserve soaking liquid).
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

3 START SOUP

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Season with salt and pepper. Cook 3-4 minutes, or until chicken begins to brown, stirring occasionally.
- Add **yellow onions and ginger** and **bell pepper**. Season with **crushed red pepper flakes***, about ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until veggies begin to soften, stirring occasionally.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

4 FINISH SOUP

- Add **mushrooms** (with reserved soaking liquid) and **vegetable broth with citrus juice and fish sauce** to pot. Stir to combine. Cook 1-2 minutes, or until broth is warmed through, stirring occasionally.
- Add about 1 cup water, **chicken stock concentrate**, and **coconut milk***. Stir to combine. Bring to a boil, then reduce heat to medium. Season with ¼ teaspoon salt. Cook 8-10 minutes, or until chicken is fully cooked, stirring occasionally.

**The top of your coconut milk may have solidified during refrigeration. It's just as tasty—simply use a spoon to transfer it to the soup.*

5 PLATE YOUR DISH

- Divide **rice** between bowls. Ladle **Thai-style chicken and veggie soup** over top. Garnish with **scallion** and **black sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (376g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1250mg	54%
Total Carbohydrate 52g	19%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 3mcg	15%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 825mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Chicken Strips [chicken], **Coconut Milk** [coconut milk], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Crushed Red Pepper Flakes**, **Lemon Broth With Fish Sauce** (Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt], Fish Sauce [anchovy, sea salt], Lime Juice [lime], Lemon Juice [lemon]), **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Bell Peppers**, **Scallions**, **Jasmine Rice** [jasmine rice], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Black Sesame Seeds** [black sesame seeds]

Allergen information:
Contains Fish And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.