



Smart Mexican-Inspired Albondigas Soup

with Rice-Stuffed Chicken Meatballs and Cilantro

Carb Smart

Calorie Smart

40 Minutes



Ground Chicken



Basmati Rice



Cilantro



Zucchini



Baby Spinach



Garlic, cloves



Chicken Stock Powder



Chipotle Sauce



Corn Kernels



Carrot



Yellow Onion



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HELLO ALBONDIGAS

The Spanish word for meatballs is 'albondigas'!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, vegetable peeler, measuring spoons, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Basmati Rice	2 tbsp	4 tbsp
Cilantro	7 g	14 g
Zucchini	200 g	400 g
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Chicken Stock Powder	1 tbsp	2 tbsp
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
Corn Kernels	113 g	227 g
Carrot	170 g	340 g
Yellow Onion	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Add **2 tbsp rice** (dbl for 4 ppl) to a small bowl, then add **enough hot water** to cover by 1 inch. Set aside to soften, 8-10 min.
- Meanwhile, quarter **zucchini** lengthwise, then cut into ½-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Finely chop **cilantro**.



Cook meatballs

- Once simmering, using 2 spoons, form, then gently drop **meatball mixture** into **soup**, **1 tbsp** at a time. Do not stir. (**NOTE:** You should have 10 meatballs for 2 ppl, 20 for 4 ppl).
- Cover and bring **soup** to a boil.
- Once boiling, gently stir in **corn** and **zucchini**. Reduce heat to medium. Cover and cook, stirring occasionally, until **meatballs** are cooked through and **rice** is tender, 15-17 min. (** (**TIP:** Cut a meatball in half to check for doneness.)



Make meatball mixture

- Heat a large pot over medium heat.
- While the pot heats, drain **rice**.
- Add **rice, chicken, half the garlic, half the cilantro, 1 tsp chipotle sauce** and **¼ tsp salt** (dbl both for 4 ppl) to a medium bowl. (**TIP:** Save the remaining rice for another creation!) Season with **pepper**, then combine.



Finish soup

- Add **spinach**, then season with **salt and pepper**, to taste. Stir until **spinach** wilts, 1 min.



Start soup

- When the pot is hot, add **1 tbsp oil** (dbl for 4 ppl), then **carrots** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **remaining chipotle sauce** and **remaining garlic**, then stir until fragrant, 30 sec.
- Stir in **stock powder** and **3 cups water** (5 ¼ cups for 4 ppl). Bring to a gentle simmer over medium-high.



Finish and serve

- Divide **soup** between bowls.
- Sprinkle **remaining cilantro** over top.

Dinner Solved!