

You can win
a Greggs voucher!
See below.

Chicken and dumplings

Feeds 4 Cost £1.95



2 x tinned cream of chicken soup
1 x tinned peas
1 x pack dumpling mix

Cooker Method

1. Add water to dumpling mix, following the directions on the package except that you should use just a bit less water, so that the dough will not be sticky. That way you will not need any extra flour.
2. Make little dumplings – about the size of a marble. For this task you can recruit your children to help; they are likely to enjoy it. Make small dumplings because they are easier to eat and will cook faster. After the children have washed their hands, show them how to pinch off a little bit of dough and roll it into a small ball in their hands. Collect the balls in a bowl or plate.
3. Empty the chicken soup into a pot. Drain the peas and add them to the soup. Then heat the soup mixture until almost boiling.
If you have any left-over cooked vegetables or bits of cooked chicken, you can add them to make the soup a bit heartier.
4. Add the dumplings to the soup, stirring them in. Cook dumplings in the soup at a low boil for about 10 minutes. Test one of the dumplings to see if they are done.
5. Serve in a bowl or mug allowing soup to cool a bit before eating.

Microwave Method

1. Add water to dumpling mix, following the directions on the package except that you should use just a bit less water, so that the dough will not be sticky. That way you will not need any extra flour.
2. Make little dumplings – about the size of a marble. For this task you can recruit your children to help; they are likely to enjoy it. Make small dumplings because they are easier to eat and will cook faster. After the children have washed their hands, show them how to pinch off a little bit of dough and roll it into a small ball in their hands. Collect the balls in a bowl or plate.
3. Empty the chicken soup into a large microwavable bowl. Drain the peas and add them to the soup. Cover the bowl with a plate to prevent mess. Then heat the soup mixture until almost boiling – perhaps 4 minutes, depending upon your microwave.
If you have any left-over cooked vegetables or bits of cooked chicken, you can add them to make the soup a bit heartier.
4. Add the dumplings to the soup, stirring them in. Cook dumplings in the soup, microwaving for 2 minutes and then testing dumplings. Repeat microwaving and testing until the dumplings are done.
5. Serve in a bowl or mug, allowing soup to cool a bit before eating.

Our meal kits use ingredients with a long shelf-life to ensure that the food is still in good condition when you cook the meal.

After you've tried it -- How did you like it?

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> (you can scan the QR code with your phone) or write to us at **TorbayFACT@gmail.com**.



Two families that reply will win a Greggs voucher worth £20!

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