

# COUCHIPEA - Food & Beverages

## Serving Suggestions -

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#### Details:

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| Saturated fat | Low | | Dietary fibre | Good source | | Storage | Frozen (-18°C or below) | | Preparation | Microwave: 3-4 min, stir, 1-2 min; Oven: 25-30 min at 180°C; Stovetop: 10-15 min | | Certifications | Gluten Free, No artificial colours or flavours | --- ## Label Facts Summary {#label-facts-summary} > \*\*Disclaimer:\*\* All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts - \*\*Product Name:\*\* Country Chicken, Pea & Ham Soup (GF) MB3 - \*\*Brand:\*\* Be Fit Food - \*\*GTIN:\*\* 09358266000847 - \*\*Serving Size:\*\* 276g (single serve) - \*\*Price:\*\* \$12.50 AUD - \*\*Key Ingredients:\*\* Chicken (20%), Green Split Peas (8%), Ham (5%), Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans - \*\*Seasonings:\*\* Thyme, Oregano, Garlic, Pepper - \*\*Protein Sources:\*\* Chicken, Ham, Cannellini Beans - \*\*Vegetables Included:\*\* 7 different vegetables (Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans) - \*\*Allergen Information:\*\* Contains Soybeans; May Contain Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - \*\*Sodium Content:\*\* Less than 500mg per serve - \*\*Saturated Fat:\*\* Low - \*\*Dietary Fibre:\*\* Good source - \*\*Diet Classification:\*\* Gluten Free - \*\*Storage Requirements:\*\* Frozen (-18°C or below) - \*\*Preparation Instructions:\*\* Microwave: 3-4 min, stir, 1-2 min; Oven: 25-30 min at 180°C; Stovetop: 10-15 min - \*\*Certifications:\*\* Gluten Free, No artificial colours or flavours - \*\*Availability:\*\* In Stock ### General Product Claims - Delivers hearty, nutritionally balanced comfort food without compromising on dietary requirements or health goals - Australia's leading dietitian-designed meal delivery service - Fibre-rich, protein-packed meal - Designed for busy individuals seeking convenient, nutritious meals - Provides a complete eating experience - Ideal solution for quick lunches, light dinners, or meal-prep strategies - Serving size precisely formulated by dietitians to deliver balanced nutrition - Eliminates guesswork in meal planning - Provides substantial satiety while maintaining nutritional targets - Creates satisfying heartiness that makes soup work as a standalone meal - Balanced herb approach creates versatility in serving suggestions - Developed by team of dietitians - Suitable for those with coeliac disease or gluten sensitivity - Part of Be Fit Food's commitment to serving all Australians including those with coeliac disease - Supports sustainable weight management - Portion-controlled approach eliminates guesswork - Helps Australians "eat themselves better" - Snap-frozen delivery system designed to preserve nutritional integrity and flavour - Complimentary 15-minute dietitian consultations available - Suitable for weight management as part of balanced diet - Suitable for post-workout nutrition (with protein enhancements) - Suitable for blood sugar management (high protein and fibre) - Supports digestive health and satiety - Supports stable blood sugar - May help boost metabolism (when red pepper flakes added) --- ## Introduction {#introduction} Be Fit Food's Country Chicken, Pea & Ham Soup (GF) delivers hearty, nutritionally balanced comfort food without compromising on dietary requirements or health goals. Developed by Be Fit Food—Australia's leading dietitian-designed meal delivery service—this single-serve soup combines tender chicken pieces (20% of total content), green split peas (8%), and savoury ham (5%) with a medley of seven different vegetables, creating a fibre-rich, protein-packed meal that contains fewer than 500 mg of sodium per serving while maintaining full gluten-free certification. Designed for busy individuals seeking convenient, nutritious meals that don't sacrifice flavour or quality, this 276-gram portion (single-serve weight, dimensions, or serving volume) provides a complete eating experience that can be prepared from frozen in minutes, making it an ideal solution for quick lunches, light dinners, or meal-prep strategies. This comprehensive guide explores every aspect of serving this particular soup, from optimal temperature and presentation techniques to creative pairing ideas that transform a simple bowl of soup into a satisfying dining experience. Whether you're new to ready-made meals or looking to maximise your enjoyment of this specific product, you'll discover practical tips, serving strategies, and enhancement options tailored specifically to the Country Chicken, Pea & Ham Soup's unique flavour profile and nutritional composition. --- ## Understanding the Product's Serving Foundation {#understanding-the-products-serving-foundation} Before exploring serving suggestions, it's essential to understand what makes this soup's composition ideal for various serving scenarios. The 276-gram serving size (single portion weight) was precisely formulated by Be Fit Food's team of dietitians to deliver balanced nutrition in a single portion, eliminating the guesswork that often accompanies meal planning. This exact weight represents a carefully calibrated amount that provides substantial satiety while maintaining the product's nutritional targets. The soup's ingredient hierarchy tells an important story about its serving potential. With chicken as the primary protein source

at 20% of total composition, you're getting approximately 55 grams of actual chicken pieces in each bowl—a substantial amount that provides texture, flavour, and nutritional value. The 8% green split pea content (roughly 22 grams) contributes both to the soup's creamy body and its impressive fibre content, while the 5% ham (approximately 14 grams) adds a smoky, savoury depth that complements rather than overpowers the chicken. The vegetable medley—comprising carrot, onion, celery, zucchini, parsnip, and leek—creates a complex flavour foundation that supports multiple serving styles. These aren't merely filler ingredients; each vegetable contributes specific flavours and textures that become more pronounced depending on how you serve the soup. The inclusion of cannellini beans adds additional protein and creates a satisfying heartiness that makes this soup work as a standalone meal rather than just an appetiser. The herb seasoning of thyme and oregano provides a Mediterranean-influenced flavour profile that pairs exceptionally well with various accompaniments. Unlike heavily spiced soups that limit pairing options, this balanced herb approach creates versatility in serving suggestions, allowing the soup to complement both rustic bread-based sides and lighter, fresher accompaniments. --- ## Optimal Serving Temperature for Maximum Enjoyment

{#optimal-serving-temperature-for-maximum-enjoyment} The temperature at which you serve this soup dramatically affects both its flavour perception and textural experience. Be Fit Food designed this product to be served piping hot, and achieving the optimal serving temperature is crucial for unlocking the soup's full sensory potential. When properly heated, this soup should reach an internal temperature of approximately 75-80°C (167-176°F) throughout. At this temperature range, the split peas achieve their ideal creamy consistency, the chicken pieces are tender and moist, and the aromatic compounds from the thyme and oregano become fully volatile, releasing their fragrance as you bring the bowl to your nose. The ham's smoky notes are also most pronounced at these higher temperatures, creating that comforting, hearty aroma associated with traditional homemade soups. ### Microwave Heating Method For microwave heating—the most common preparation method—you should heat the soup on high power for 3-4 minutes from frozen, then stir thoroughly to distribute heat evenly. This stirring step is not optional if you want optimal serving temperature; frozen soups develop hot spots during microwave heating, and without stirring, you'll experience portions that are scalding hot alongside sections that remain barely warm. After stirring, heat for an additional 1-2 minutes, then let stand for 30-60 seconds before serving. This standing time allows residual heat to continue warming cooler portions while preventing the soup from being dangerously hot on first bite. ### Oven Reheating Method If you prefer oven reheating for a more evenly distributed heat, transfer the soup to an oven-safe bowl, cover with foil (leaving a small vent), and heat at 180°C (350°F) for 25-30 minutes from frozen, stirring halfway through. This method produces exceptional results because the gentle, surrounding heat prevents the texture degradation that can sometimes occur with aggressive microwave heating. The split peas maintain better structural integrity, and the vegetables retain slightly more bite, creating a more texturally interesting eating experience. ### Stovetop Reheating Method For stovetop reheating—ideal when you want precise temperature control—transfer the frozen soup to a small saucepan and heat over medium-low heat, stirring frequently, for 10-15 minutes until steaming hot throughout. This method allows you to adjust consistency by adding small amounts of water or stock if you prefer a thinner soup, or allowing it to reduce slightly if you want a thicker, more stew-like consistency. ### Temperature Safety Considerations Never serve this soup cold or at room temperature. Unlike some soups that can be enjoyed chilled, the chicken and ham content, combined with the olive oil in the recipe, create an unpleasant mouthfeel when cold. The split peas also become gummy and the vegetables lose their appeal. Additionally, food safety protocols for products containing poultry and pork require thorough reheating to ensure any potential bacteria are eliminated. --- ## Classic Serving Presentations {#classic-serving-presentations} The most straightforward serving approach is also one of the most satisfying: presenting the soup in a wide, shallow bowl that allows the ingredients to be visible and accessible. Choose a bowl with a 400-500ml capacity—larger than the 276ml soup volume—which provides room for the soup to spread out, cool slightly at the edges while remaining hot in the centre, and prevents spillage when adding accompaniments. ### Pre-Warming Technique For a rustic presentation that honours the soup's hearty, country-style character, serve it in an earthenware or ceramic bowl that you pre-warm. Simply fill your serving bowl with hot water while the soup heats, then empty and dry it just before transferring the soup. This pre-warming technique

keeps the soup at optimal temperature for 10-15 minutes longer than serving in a room-temperature bowl, extending your enjoyment window and preventing that disappointing experience of soup cooling too quickly. **### Garnishing Approaches** Garnishing this particular soup requires restraint because its flavour profile is already well-developed and balanced. A simple sprinkle of fresh thyme leaves (echoing the herb already in the soup) adds visual appeal and a bright herbal note that contrasts with the cooked herbs in the soup base. Alternatively, a small amount of freshly cracked black pepper adds both visual interest and a gentle heat that complements the soup's savoury elements without overwhelming them. For those who appreciate textural contrast, a small drizzle of high-quality extra virgin olive oil creates an attractive sheen on the soup's surface while adding a fruity, peppery note that enhances the soup's existing olive oil content. Use approximately half a teaspoon, drizzled in a spiral pattern from the centre outward. This technique is borrowed from professional soup service and elevates the presentation significantly with minimal effort. **### Multi-Course Portioning** If you're serving this soup as part of a multi-course meal rather than as a standalone lunch, reduce the portion slightly by reserving 50-75ml in the container and serving the remainder. This creates a more appropriate appetiser portion while maintaining the soup's nutritional balance. The reserved portion can be refrigerated for up to 24 hours after heating and incorporated into other dishes (see creative serving ideas below). --- **## Bread and Grain Pairings {#bread-and-grain-pairings}** Given the soup's gluten-free formulation—part of Be Fit Food's commitment to serving all Australians including those with coeliac disease—selecting appropriate bread accompaniments requires consideration of both dietary consistency and flavour compatibility. If you're maintaining a gluten-free diet, quality gluten-free bread options improved dramatically in recent years and can provide excellent accompaniment without compromising texture or taste. **### Gluten-Free Sourdough** A crusty gluten-free sourdough, toasted and lightly brushed with olive oil and garlic, creates an ideal pairing. The tangy sourdough notes complement the soup's savoury chicken and ham elements, while the crusty exterior provides textural contrast to the soup's creamy consistency. Cut the bread into thick slices (2-3cm) and toast until golden, then rub with a cut garlic clove while still hot—the heat will release the garlic's essential oils without overwhelming the bread. This preparation method creates a simplified gluten-free version of bruschetta that's perfect for dipping into the soup or eating alongside it. **### Seed and Grain Crackers** Gluten-free crackers offer another excellent option, particularly those made from seeds and grains like quinoa, buckwheat, or rice. Look for crackers with a robust, nutty flavour that can stand up to the soup's hearty profile. Seed crackers made with pumpkin seeds, sunflower seeds, and sesame provide healthy fats and additional protein while adding a satisfying crunch. Serve 4-6 crackers alongside the soup, arranged on the side of the bowl or on a separate small plate. **### Traditional Bread Options** For those not following a gluten-free diet, a traditional crusty white baguette or artisan whole grain bread provides classic soup accompaniment. The soup's gluten-free status doesn't preclude serving it with gluten-containing sides; it simply means the soup itself is safe for those with celiac disease or gluten sensitivity. A warm dinner roll, torn into pieces for dipping, transforms the soup into a more substantial meal. **### Rice Cakes** Rice cakes, while sometimes overlooked as a serving option, work surprisingly well with this soup. Choose plain, lightly salted rice cakes and break them into quarters, using them as edible spoons to scoop up the soup's heartier elements. This approach adds minimal calories while providing satisfying crunch and making the meal feel more substantial. **### Polenta Crostini** For a more adventurous pairing, consider polenta crostini—slices of cooked, firm polenta brushed with olive oil and grilled or baked until crispy. Polenta is naturally gluten-free and its mild corn flavour doesn't compete with the soup's complex taste profile. Cut polenta into 1cm thick rounds or triangles, brush with olive oil, season lightly with salt, and bake at 200°C for 15-20 minutes, flipping halfway through. The result is a sturdy, crispy base that can support spoonfuls of soup for a more interactive eating experience. --- **## Fresh Vegetable and Salad Accompaniments {#fresh-vegetable-and-salad-accompaniments}** While the soup contains multiple vegetables (including carrot, onion, celery, zucchini, parsnip, and leek), serving it alongside fresh, raw vegetables creates textural and nutritional contrast that enhances the overall meal experience. This aligns with Be Fit Food's philosophy of incorporating 4-12 vegetables into each meal for optimal nutrition. **### Mixed Green Salad** A simple side salad of mixed greens with a light vinaigrette provides refreshing contrast to the soup's warm, savoury richness. Choose peppery greens like arugula or watercress that can hold their own against the soup's robust flavours, or opt for a mix of

butter lettuce and radicchio for a combination of mild and bitter notes. Dress the salad very lightly—approximately one teaspoon of vinaigrette per cup of greens—so the dressing doesn't overpower the soup's carefully balanced seasoning. **### Cherry Tomatoes** Cherry tomatoes, halved and lightly seasoned with salt and a drop of balsamic vinegar, offer bright acidity that cuts through the soup's richness. The tomatoes' fresh, slightly sweet flavour contrasts beautifully with the soup's savoury depth, and their vibrant colour creates visual appeal on the plate. Serve 6-8 halved cherry tomatoes in a small side dish or arranged around the soup bowl's rim. **### Cucumber with Dill** Cucumber slices with fresh dill create another refreshing counterpoint. Cut an English cucumber into 5mm thick rounds, arrange on a small plate, and sprinkle with fresh dill and a tiny pinch of sea salt. The cucumber's cool crispness and high water content provide palate-cleansing relief between spoonfuls of the hearty soup, making each bite of soup taste as fresh as the first. **### Roasted Seasonal Vegetables** For a more substantial vegetable side, roasted seasonal vegetables complement the soup's cooked vegetable elements while adding caramelised sweetness and different textures. Brussels sprouts halved and roasted until crispy, or roasted bell peppers with a drizzle of balsamic glaze, provide satisfying substance without overwhelming the soup's role as the meal's centrepiece. Prepare these vegetables in small portions—approximately 100-150 grams—to maintain appropriate meal proportions. **### Raw Vegetable Crudités** Raw vegetable crudités with a light hummus or yogurt-based dip create an interactive eating experience. Carrot sticks, celery sticks, bell pepper strips, and snap peas can be eaten between spoonfuls of soup or saved for after the soup as a fresh, crunchy finish to the meal. This approach works particularly well for lunch settings where you want to extend the eating experience and create more satisfaction from the 276-gram soup serving. **--- ## Protein Enhancement Options** **{#protein-enhancement-options}** While the soup provides good protein content from its chicken (20%), ham (5%), and cannellini beans, some individuals may want to increase the meal's protein content for post-workout recovery, increased satiety, or specific dietary goals. Be Fit Food's emphasis on high-protein, lower-carbohydrate nutrition makes protein enhancement a natural extension of the meal. **### Soft-Boiled Egg** A soft-boiled egg, halved and placed on top of the hot soup, creates both visual drama and substantial protein enhancement. The egg should be cooked for exactly 6.5 minutes in boiling water, then immediately transferred to ice water to stop cooking. When halved and placed on the soup, the jammy yolk will slowly leak into the broth, creating richness and adding approximately 6 grams of high-quality protein. This presentation technique is borrowed from Asian soup traditions and works beautifully with this soup's flavour profile. **### Shredded Rotisserie Chicken** Shredded rotisserie chicken, added to the soup after heating, increases both the protein content and the meal's substance. Add 50-75 grams of shredded chicken breast to the heated soup, stir to combine, and let stand for one minute to allow the chicken to warm through. This addition transforms the soup from a light meal into a substantial dinner option while maintaining flavour compatibility since the soup already features chicken as a primary ingredient. **### Grilled Chicken Strips** For a more elegant presentation, grilled chicken strips can be arranged on top of the soup just before serving. Season a small chicken breast (100-120 grams) with salt, pepper, and a touch of thyme, grill until cooked through, slice thinly, and fan the slices across the soup's surface. This creates a restaurant-style presentation while adding approximately 25-30 grams of protein to the meal. **### Additional White Beans** White beans beyond the cannellini beans already in the soup provide additional plant-based protein and fibre. A quarter cup of warmed cannellini or great northern beans, stirred into the soup after heating, adds approximately 4 grams of protein and creates a heartier, more stew-like consistency. This option works particularly well for those seeking to increase the meal's fibre content while maintaining its gluten-free, relatively low-sodium profile. **### Grilled White Fish** For those following higher-protein diets, serving the soup alongside a small portion of grilled white fish—such as a 100-gram piece of grilled cod or halibut—creates a complete, protein-rich meal. The fish's mild flavour won't compete with the soup's seasoning, and the combination provides approximately 40-45 grams of protein total, suitable for post-exercise nutrition or appetite control strategies. **--- ## Cheese and Dairy Additions** **{#cheese-and-dairy-additions}** Given that this soup contains dairy (as indicated in the allergen information), those without dairy restrictions can enhance the soup with complementary cheese additions that add richness, flavour complexity, and visual appeal. **### Parmesan Cheese** Freshly grated Parmesan cheese, sprinkled over the hot soup just before serving, adds nutty, salty depth that complements the soup's savoury elements. Use

approximately one tablespoon of finely grated Parmesan—the real, aged variety from Parmigiano-Reggiano provides superior flavour compared to pre-grated alternatives. The cheese will partially melt into the hot soup, creating pockets of concentrated savoury flavour while some remains on the surface for textural interest. **### Sour Cream or Greek Yogurt** A small dollop of sour cream or Greek yogurt creates both visual contrast and tangy richness. Place approximately one tablespoon in the centre of the soup, allowing it to slowly melt and swirl into the broth. This technique adds approximately 20-30 calories while creating an attractive presentation and adding probiotic benefits if you choose a live-culture yogurt. The tang from the sour cream or yogurt brightens the soup's flavours and provides a cooling contrast to the hot soup. **### Feta Cheese** Crumbled feta cheese offers a different flavour direction, adding briny, tangy notes that create Mediterranean character. Use feta sparingly—approximately one tablespoon crumbled over the soup's surface—as its strong flavour can quickly overwhelm the soup's balanced seasoning. This option works particularly well given the soup's oregano and thyme seasoning, which share Mediterranean origins with feta cheese. **### Cream Cheese or Mascarpone** For a more indulgent presentation, a small amount of cream cheese or mascarpone stirred into the hot soup creates luxurious richness and silky texture. Use approximately one tablespoon, stirring it completely into the soup so it melts and enriches the broth. This addition increases the soup's calorie content modestly while creating a more velvety mouthfeel that some diners find more satisfying. **### Aged Cheddar** Aged cheddar, finely grated, provides sharp, complex flavour that contrasts with the soup's milder chicken base. Sprinkle approximately one tablespoon over the hot soup and allow it to partially melt, creating both stringy texture and concentrated flavour pockets. This option works especially well for those who enjoy bold cheese flavours and don't mind the additional saturated fat content. --- **## Herb and Spice Enhancements** {#herb-and-spice-enhancements} While the soup comes seasoned with thyme and oregano, fresh herb additions can brighten the flavours and add aromatic complexity that makes each serving feel custom-prepared rather than reheated. **### Fresh Parsley** Fresh parsley, chopped finely and sprinkled over the soup just before serving, adds vibrant green colour and a clean, slightly peppery flavour that lifts the soup's earthy elements. Use approximately one tablespoon of chopped flat-leaf parsley (Italian parsley), which carries more flavour than curly parsley. The fresh herb's chlorophyll notes create contrast with the cooked herbs in the soup, making the overall flavour profile more complex and interesting. **### Fresh Thyme Leaves** Fresh thyme leaves, stripped from the stem and scattered over the soup, reinforce the soup's existing thyme content while adding a bright, fresh dimension that differs from cooked thyme's mellower character. Use approximately half a teaspoon of fresh thyme leaves—any more risks overwhelming the soup's balanced seasoning. This simple addition creates the impression of a freshly made soup while requiring minimal effort. **### Fresh Dill** Chopped fresh dill provides an unexpected but delightful flavour twist, adding anise-like notes that complement the soup's chicken and vegetable elements. Dill pairs particularly well with chicken soup traditions from Eastern European cuisines, and approximately one teaspoon of chopped fresh dill creates noticeable flavour enhancement without dominating the soup's character. **### Red Pepper Flakes** For those who enjoy heat, a small pinch of red pepper flakes (approximately 1/8 teaspoon) adds gentle warmth that builds gradually as you eat. This addition doesn't make the soup spicy in an aggressive way but creates a subtle background heat that enhances the soup's savoury elements and can help boost metabolism slightly. Add the pepper flakes directly to the hot soup and stir to distribute evenly. **### Fresh Basil** Fresh basil, torn into small pieces and added just before serving, creates an Italian-influenced flavour profile that works harmoniously with the soup's oregano content. Use 3-4 medium basil leaves, torn by hand rather than cut with a knife (which can bruise the delicate leaves and create off-flavours). The basil's sweet, slightly minty character provides aromatic complexity that makes the soup feel more sophisticated. **### Fresh Lemon Juice** A squeeze of fresh lemon juice—approximately half a teaspoon—brightens all the soup's flavours without making it taste citrusy. The acid cuts through the soup's richness and makes the vegetables taste fresher and more vibrant. Add the lemon juice just before serving and stir to distribute; too much will create sour notes, so restraint is essential. --- **## Seasonal Serving Variations** {#seasonal-serving-variations} The soup's versatile flavour profile allows for seasonal adaptations that make it appropriate year-round while taking advantage of seasonal produce and changing weather conditions. **### Winter Serving** During cold months, serve the soup at its hottest possible temperature in pre-warmed bowls,

accompanied by thick slices of toasted gluten-free bread and a side of roasted root vegetables that echo the parsnip already in the soup. Add a generous grind of black pepper and a drizzle of truffle oil for an indulgent winter meal. The soup's hearty, warming character makes it ideal for cold-weather dining, and serving it with substantial accompaniments creates maximum comfort and satisfaction. ### Spring Serving As weather warms, lighten the presentation by serving the soup in smaller portions alongside a vibrant spring salad featuring asparagus, radishes, and fresh peas that complement the split peas in the soup. Add fresh herbs generously—parsley, dill, and chives—to create brightness and freshness. Serve with lighter bread options like rice crackers or thin gluten-free flatbreads rather than heavy, crusty breads. ### Summer Serving While hot soup might seem counterintuitive in summer, serving it in moderate portions for light lunches works well. Pair with cucumber salad, cherry tomatoes, and fresh basil to create Mediterranean-influenced freshness. Serve the soup slightly less hot than in winter—around 70°C rather than 80°C—and in smaller portions (200ml rather than the full 276ml), saving the remainder for another meal. Accompany with plenty of cold, crisp vegetables and light, refreshing sides. ### Autumn Serving Fall's transitional weather makes this soup particularly appropriate. Serve with roasted squash or pumpkin on the side, creating a harvest-themed meal that celebrates autumn vegetables. Add fresh sage leaves (which pair beautifully with chicken and ham) and serve with hearty whole-grain gluten-free bread. The soup's earthy split pea and vegetable elements align perfectly with autumn's flavour preferences. --- ## Portion Control and Meal Planning Strategies {portion-control-and-meal-planning-strategies} The 276-gram serving size provides flexibility for different dietary approaches and meal planning strategies, allowing you to use this soup in various ways depending on your nutritional goals and appetite. Be Fit Food's portion-controlled approach eliminates guesswork and supports sustainable weight management. ### As a Complete Light Meal For those seeking a lighter lunch or dinner, the soup can serve as a complete meal when paired with a small side salad and a few gluten-free crackers. This approach provides approximately 300-350 calories total (depending on accompaniments) and creates satisfying fullness from the soup's fibre and protein content without excessive calorie intake. This serving strategy works well for weight management or for lighter evening meals. ### As a Hearty Snack The soup can be divided into two smaller portions of approximately 138 grams each, providing substantial snacks that bridge longer gaps between meals. Heat one portion for a mid-afternoon snack that provides protein and fibre to prevent energy crashes and control appetite until dinner. This approach maximises the value of a single soup container by creating two separate eating occasions. ### As an Appetiser When serving the soup as a first course before a larger meal, reduce the portion to approximately 180-200 grams, reserving the remainder for another use. This creates an appropriate appetiser portion that stimulates appetite and provides initial nutrition without causing excessive fullness before the main course. Serve in smaller bowls or cups to create proper visual proportions for an appetiser serving. ### As Part of a Meal Prep Strategy Incorporate the soup into weekly meal prep by purchasing multiple containers and planning specific soup-based meals throughout the week. Pair Monday's soup with bread and salad, Wednesday's with roasted vegetables and cheese, and Friday's with fresh herbs and a soft-boiled egg. This approach creates variety from the same base product while maintaining the convenience of Be Fit Food's ready-made meals. ### For Increased Satiety If the 276-gram serving doesn't provide adequate fullness for your needs, enhance the soup with additional protein (shredded chicken, beans, or eggs) and serve with substantial accompaniments like thick bread slices or roasted vegetables. This approach maintains the soup's convenience while customising the meal's total volume and nutrition to meet individual requirements. --- ## Creative Serving Ideas and Recipe Integration {creative-serving-ideas-and-recipe-integration} Beyond traditional soup service, this product can be incorporated into creative preparations that transform it into different meal types while maintaining its nutritional benefits and convenience. ### Soup-Based Grain Bowl Pour the heated soup over a base of cooked quinoa, brown rice, or cauliflower rice (for lower-carb options) in a wide, shallow bowl. The grains absorb the flavourful broth while the soup's chicken, ham, and vegetables create a grain bowl that resembles more labour-intensive preparations. Add fresh vegetables, herbs, and a drizzle of olive oil for a complete, Instagram-worthy meal that takes minutes to prepare. ### Deconstructed Pot Pie Transfer the heated soup to a small oven-safe dish, top with a piece of gluten-free puff pastry or biscuit dough, and bake until the topping is golden and flaky. This creates the comfort-food appeal of chicken

pot pie with minimal effort. The soup's thick consistency and substantial ingredients work perfectly for this application, and the result feels like a completely different meal despite using the ready-made soup as the base. **### Soup-Enriched Casserole Mix** the soup with cooked pasta (gluten-free if maintaining dietary consistency), transfer to a baking dish, top with cheese and gluten-free breadcrumbs, and bake until bubbly and golden. This transforms the soup into a comforting casserole that serves 2-3 people, making it ideal for sharing or creating multiple meals from a single soup container. **### Savoury Breakfast Base** Use the soup as a base for a savoury breakfast by heating it, creating a well in the centre, and cracking an egg into the well. Cover and cook until the egg is set to your preference, creating a protein-rich breakfast that provides vegetables, fibre, and sustained energy. This unconventional use of the soup works surprisingly well and offers variety for those tired of traditional breakfast options. **### Pasta Sauce Alternative** Reduce the soup slightly by heating it uncovered in a saucepan, allowing some liquid to evaporate and create a thicker consistency. Toss with cooked gluten-free pasta, add Parmesan cheese and fresh herbs, and you get a quick pasta dish that uses the soup's complex flavours as a sauce base. This approach works particularly well with short pasta shapes like penne or fusilli that can capture the soup's chunky ingredients. **--- ## Beverage Pairings** {#beverage-pairings} Selecting appropriate beverages to accompany this soup enhances the overall dining experience and can complement or contrast with the soup's flavours. **### Water with Citrus** The simplest and healthiest option is filtered water with a slice of lemon or lime. The citrus adds subtle flavour without calories while the water's neutrality allows the soup's flavours to shine. Serve the water cold to create temperature contrast with the hot soup, which can be palate-refreshing between spoonfuls. **### Herbal Tea** Unsweetened herbal teas—particularly chamomile, mint, or ginger—provide warm, soothing accompaniment that complements the soup's comfort-food character. Brew the tea at the same time you heat the soup so both are ready simultaneously. The tea's aromatic qualities enhance the meal's sensory experience without adding calories or conflicting with the soup's flavours. **### Light White Wine** For those who enjoy wine with meals, a crisp, unoaked white wine like Pinot Grigio or Sauvignon Blanc provides acidity that cuts through the soup's richness. Serve the wine well-chilled (around 8-10°C) to create temperature contrast. A small glass (150ml) adds approximately 100 calories while creating a more sophisticated dining experience. **### Sparkling Water** Plain or lightly flavoured sparkling water provides effervescence that cleanses the palate between spoonfuls and can make the meal feel more special. The carbonation creates a refreshing contrast to the soup's smooth, creamy texture. Choose unsweetened varieties to avoid adding unnecessary sugars or artificial sweeteners. **### Light Beer** A light lager or wheat beer pairs surprisingly well with this soup's hearty, country-style character. The beer's mild bitterness and carbonation complement the soup's savoury elements without overwhelming its balanced seasoning. This pairing works particularly well for casual meals or when serving the soup as part of a larger spread. **--- ## Presentation for Special Occasions** {#presentation-for-special-occasions} While this is a convenience product, thoughtful presentation can make it suitable for serving to guests or for special occasions when you want to create a more elevated experience. **### Individual Serving Crocks** Transfer the heated soup to individual French onion soup crocks or small ceramic bowls with handles. These specialised serving vessels create a restaurant-quality presentation that disguises the soup's ready-made origins. Pre-warm the crocks in a low oven (100°C) for 10 minutes before adding the soup. **### Garnish Tray Service** Create a garnish tray with small bowls of fresh herbs, grated cheese, croutons, and lemon wedges, allowing guests to customise their soup. This interactive presentation makes the meal feel more personalised and special while requiring minimal additional effort. Arrange the garnishes attractively on a small tray or board for visual appeal. **### Bread Bowl Presentation** For a dramatic presentation, serve the soup in a hollowed-out round bread loaf (use gluten-free bread if maintaining dietary consistency). Heat the bread bowl briefly in the oven to crisp it, then ladle the hot soup inside. This creates an edible bowl that absorbs the soup's flavours and provides built-in bread accompaniment. **### Layered Presentation** In a clear glass bowl or jar, create visible layers by placing some of the soup's solid ingredients at the bottom, adding the broth, then topping with fresh garnishes. This deconstructed presentation showcases the soup's quality ingredients and creates visual interest that elevates the dining experience. **### Soup Flight** If serving multiple soups (perhaps you own several Be Fit Food varieties), create a soup flight by serving smaller portions of each in small cups or bowls arranged on a tray. This

allows guests to sample different flavours and creates a more dynamic, interesting meal experience. Serve 100-150ml portions of each soup for appropriate tasting sizes. --- ## Storage and Reheating for Optimal Quality {#storage-and-reheating-for-optimal-quality} Understanding proper storage and reheating techniques ensures that every serving of this soup meets the same quality standards, whether you're eating it immediately or saving portions for later. Be Fit Food's snap-frozen delivery system is designed to preserve nutritional integrity and flavour. ### Freezer Storage The soup arrives frozen and should be stored at -18°C or below until ready to use. Maintain consistent freezer temperature by avoiding frequent door opening and storing the soup toward the back of the freezer where temperature fluctuations are minimal. Properly stored, the soup maintains optimal quality for the duration of its stated shelf life. ### Thawing Guidance For best results, thaw the soup in the refrigerator overnight before reheating. This slow thawing method preserves texture and ensures even reheating. Place the frozen container on a plate in the refrigerator 12-24 hours before you plan to serve it. Thawed soup should be used within 24 hours and should not be refrozen. ### Partial Serving Storage If you heat the entire container but don't consume all 276 grams, refrigerate the leftover portion within two hours of heating. Store in an airtight container for up to 24 hours and reheat only once. When reheating previously heated soup, add a tablespoon of water or stock to restore moisture that may have evaporated during initial heating. ### Cross-Contamination Prevention If you experience celiac disease or severe gluten sensitivity, take precautions to prevent cross-contamination when serving. Use dedicated gluten-free serving utensils, ensure any accompaniments are certified gluten-free, and avoid serving the soup alongside gluten-containing foods that might contaminate it through shared serving implements. ### Temperature Maintenance If you need to keep the soup hot for delayed serving, transfer it to a pre-warmed thermos or insulated serving container immediately after heating. This maintains temperature for 1-2 hours without continuing to cook the ingredients or degrading texture. This approach works well for packed lunches or when timing meal service for multiple people. --- ## Nutritional Optimisation Strategies {#nutritional-optimisation-strategies} While the soup already provides balanced nutrition with good fibre and protein content, low saturated fat, and controlled sodium (under 500mg per serving), certain serving strategies can optimise its nutritional profile for specific goals. Be Fit Food's dietitian-designed approach ensures the foundation is already optimised for health outcomes. ### For Increased Fibre Serve the soup with high-fibre accompaniments like chia seed crackers, flax crackers, or a side of steamed broccoli or Brussels sprouts. The soup already provides good dietary fibre from the split peas and vegetables, but these additions can boost total fibre to 15-20 grams per meal, supporting digestive health and satiety. ### For Lower Sodium If you're following a very low-sodium diet, dilute the soup slightly with unsalted chicken stock or water (approximately 50ml per serving). This reduces the sodium concentration while maintaining flavour and creating a larger portion volume. Add extra fresh herbs and a squeeze of lemon juice to compensate for any flavour dilution. ### For Increased Vegetables Stir in additional cooked or raw vegetables after heating—diced tomatoes, spinach, kale, or frozen mixed vegetables all work well. This increases the meal's micronutrient density and fibre content while adding volume for minimal calories. Add approximately 100 grams of additional vegetables to significantly boost the meal's nutritional value. ### For Blood Sugar Management Pair the soup with low-glycemic accompaniments like raw vegetables, nuts, or seeds rather than bread or crackers. This creates a meal with minimal impact on blood sugar while maintaining satisfaction. The soup's protein and fibre content already support stable blood sugar, and choosing low-glycemic sides reinforces this benefit. ### For Increased Healthy Fats Add a tablespoon of ground flaxseed or chia seeds to the hot soup, stirring to incorporate. These additions provide omega-3 fatty acids and additional fibre while creating a slightly thicker consistency. Alternatively, serve with a small handful of walnuts or almonds on the side for healthy fat and additional protein. --- ## Mindful Eating and Enjoyment Practices {#mindful-eating-and-enjoyment-practices} How you eat this soup matters as much as what you serve with it. Mindful eating practices can increase satisfaction and help you fully appreciate the soup's flavours and textures—supporting Be Fit Food's philosophy of helping Australians "eat themselves better." ### Slow Consumption Eat the soup slowly, taking small spoonfuls and allowing each bite to cool slightly before eating. This prevents burning your mouth and allows you to fully taste the soup's complex flavours. Aim to spend at least 15-20 minutes eating the 276-gram serving, which allows satiety signals to reach your brain and prevents the rushed

eating that can lead to overconsumption of other foods later. **### Temperature Awareness** Notice how the soup's flavours change as it cools from very hot to warm. The initial spoonfuls will emphasise aromatic compounds that are most volatile at high temperatures, while slightly cooler soup allows you to better taste the chicken, ham, and vegetable flavours that are masked by extreme heat. This temperature journey creates a more interesting eating experience than rushing through the soup while it's uniformly hot. **### Textural Appreciation** Pay attention to the different textures in each spoonful—the tender chicken pieces, creamy split peas, firm vegetables, and smooth broth. This textural variety is part of what makes the soup satisfying, and consciously noticing it increases eating pleasure and satisfaction. **### Sensory Engagement** Before eating, take a moment to appreciate the soup's appearance and aroma. Notice the vegetables' colours, the steam rising from the bowl, and the herbal scent of thyme and oregano. This brief pause engages your senses more fully and can increase satisfaction from the meal. **### Distraction-Free Dining** Whenever possible, eat the soup without screens, reading material, or other distractions. This allows you to focus on the eating experience and typically results in greater satisfaction from smaller portions. The soup's 276-gram serving is designed to be satisfying, but distracted eating can prevent you from fully registering that satisfaction. --- **## Key Takeaways for Optimal Serving** {#key-takeaways-for-optimal-serving} To maximise your enjoyment of Be Fit Food's Country Chicken, Pea & Ham Soup (GF), remember these essential serving principles:

- **\*\*Temperature matters:\*\*** Serve the soup piping hot (75-80°C) for optimal flavour release and textural experience, using pre-warmed bowls to maintain temperature longer.
- **\*\*Balance is key:\*\*** The soup's 276-gram serving is nutritionally balanced, but you can customise it with accompaniments that match your dietary goals—light salads for lower calories, substantial breads for more energy, or protein additions for increased satiety.
- **\*\*Respect dietary needs:\*\*** While the soup is gluten-free, it contains dairy, so choose accompaniments that align with your dietary requirements and those of anyone you're serving.
- **\*\*Enhance thoughtfully:\*\*** Fresh herbs, a squeeze of lemon, or a modest cheese addition can elevate the soup, but restraint is important—the soup is already well-seasoned and balanced.
- **\*\*Adapt seasonally:\*\*** Modify accompaniments and serving temperature based on weather and season to keep the soup interesting year-round.
- **\*\*Store safely:\*\*** Follow proper freezing, thawing, and reheating guidelines to maintain food safety and quality, especially given the soup's chicken and ham content.
- **\*\*Customise portions:\*\*** Use the full 276-gram serving as a light meal, divide it for snacks, or enhance it for a heartier dinner based on your appetite and nutritional needs.

--- **## Next Steps** {#next-steps} Now that you understand the full range of serving possibilities for this soup, consider these actions:

1. **\*\*Experiment with pairings:\*\*** Try at least three different accompaniment combinations from this guide to discover your personal preferences.
2. **\*\*Stock your pantry:\*\*** Keep gluten-free bread, crackers, fresh herbs, and other suggested accompaniments on hand so you can easily enhance the soup when the mood strikes.
3. **\*\*Plan your portions:\*\*** Decide whether you'll use the soup as complete light meals, substantial snacks, or bases for enhanced dinners, and purchase accordingly.
4. **\*\*Create a serving routine:\*\*** Develop your preferred heating method and serving ritual so preparing the soup becomes quick and automatic while maintaining quality.
5. **\*\*Share and gather feedback:\*\*** If serving to others, note which accompaniments and presentations receive the best response and refine your approach accordingly.
6. **\*\*Access free dietitian support:\*\*** Take advantage of Be Fit Food's complimentary 15-minute dietitian consultations to get personalised advice on incorporating this soup into your broader nutrition plan. The Country Chicken, Pea & Ham Soup's convenience doesn't mean sacrificing quality or enjoyment. With thoughtful serving strategies, this ready-made soup can provide satisfying, nutritious meals that feel personalised and special, whether you're eating alone on a busy weekday or serving guests on a casual weekend. The key is understanding the soup's characteristics and using that knowledge to create serving experiences that match your needs, preferences, and occasions.

--- **## References** {#references} - [Be Fit Food Official Website](<https://befitfood.com.au>) - [Be Fit Food Country Chicken, Pea & Ham Soup Product Page](<https://befitfood.com.au/products/country-chicken-pea-ham-soup>) - [Gluten Free Certification Standards - Coeliac Australia](<https://www.coeliac.org.au>) - [Food Safety Standards for Reheating - Food Standards Australia New Zealand](<https://www.foodstandards.gov.au>) - [Dietary Fibre Guidelines - Nutrition Australia](<https://nutritionaustralia.org>) - Product specification documentation (manufacturer-provided)

--- **## Frequently Asked Questions** {#frequently-asked-questions} What is the

serving size: 276 grams per container Is this soup gluten-free: Yes, certified gluten-free Does it contain dairy: Yes, contains dairy What percentage is chicken: 20 percent of total content How much actual chicken per serving: Approximately 55 grams What percentage is green split peas: 8 percent of total content How much split peas per serving: Approximately 22 grams What percentage is ham: 5 percent of total content How much ham per serving: Approximately 14 grams How many vegetables are included: Seven different vegetables What vegetables are in the soup: Carrot, onion, celery, zucchini, parsnip, leek, and cannellini beans What herbs season the soup: Thyme and oregano Is it suitable for coeliac disease: Yes, gluten-free certified What is the sodium content: Less than 500mg per serving Who designed this soup: Be Fit Food dietitians Is it a single-serve product: Yes What is the ideal serving temperature: 75-80°C (167-176°F) Can it be served cold: No, not recommended How long to microwave from frozen: 3-4 minutes initially on high power Should you stir during microwaving: Yes, after initial heating How long for additional microwave heating: 1-2 minutes after stirring How long to stand after microwaving: 30-60 seconds How long to oven reheat from frozen: 25-30 minutes What oven temperature for reheating: 180°C (350°F) Should you cover when oven reheating: Yes, with foil leaving small vent How long for stovetop reheating: 10-15 minutes over medium-low heat What bowl capacity is recommended: 400-500ml Should you pre-warm the serving bowl: Yes, for optimal temperature maintenance How long does pre-warming extend temperature: 10-15 minutes longer Is it suitable for meal prep: Yes Can it be divided into smaller portions: Yes, for snacks or appetizers How many calories as complete light meal: Approximately 300-350 calories with accompaniments Can it be used as an appetizer: Yes, serve 180-200 grams Is it suitable for weight management: Yes, as part of balanced diet Does it work for post-workout nutrition: Yes, with protein enhancements Can you add extra protein: Yes, eggs, chicken, or beans recommended How much protein from soft-boiled egg addition: Approximately 6 grams How much shredded chicken to add: 50-75 grams recommended How much protein from grilled chicken addition: Approximately 25-30 grams Can you add cheese: Yes, if no dairy restrictions How much Parmesan to add: Approximately 1 tablespoon How much sour cream or yogurt to add: Approximately 1 tablespoon How much feta cheese to add: Approximately 1 tablespoon What fresh herbs work well: Parsley, thyme, dill, or basil How much fresh parsley to add: Approximately 1 tablespoon chopped How much fresh thyme to add: Approximately half teaspoon How much lemon juice to add: Approximately half teaspoon Can you add red pepper flakes: Yes, approximately 1/8 teaspoon What bread pairs well: Gluten-free sourdough or crusty bread How many crackers to serve: 4-6 crackers alongside Are rice cakes suitable: Yes, plain lightly salted What salad greens work best: Arugula, watercress, or mixed greens How many cherry tomatoes to serve: 6-8 halved tomatoes What roasted vegetables complement it: Brussels sprouts or bell peppers How much roasted vegetables to serve: Approximately 100-150 grams What wine pairs well: Crisp white wine like Pinot Grigio What is the freezer storage temperature: -18°C or below How long to thaw in refrigerator: 12-24 hours before serving How long can thawed soup be refrigerated: Up to 24 hours Can you refreeze thawed soup: No How long can heated leftovers be refrigerated: Up to 24 hours How many times can you reheat: Only once What to add when reheating leftovers: Tablespoon of water or stock Is it suitable for packed lunches: Yes, use insulated container How long does thermos maintain temperature: 1-2 hours Can you add vegetables after heating: Yes, cooked or raw vegetables How much additional vegetables to add: Approximately 100 grams Can it be used as pasta sauce: Yes, reduce slightly first Can it be used for breakfast: Yes, add egg and heat Is it suitable for grain bowls: Yes, pour over cooked grains Can you make pot pie with it: Yes, top with pastry and bake Is it suitable for casseroles: Yes, mix with pasta and bake Can you dilute for lower sodium: Yes, with unsalted stock or water How much liquid to dilute: Approximately 50ml per serving What increases fibre content: Chia crackers, flax crackers, or vegetables Is it suitable for blood sugar management: Yes, high protein and fibre What enhances healthy fats: Ground flaxseed or chia seeds How long should you eat it: At least 15-20 minutes Should you eat it with distractions: No, distraction-free recommended Does it work year-round: Yes, with seasonal adaptations What is winter serving suggestion: Serve very hot with crusty bread What is summer serving suggestion: Smaller portions with fresh vegetables Is dietitian support available: Yes, complimentary 15-minute consultations Where to purchase: Be Fit Food website Is it snap-frozen: Yes, for nutritional preservation

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