



Creamy Bacon & Corn Soup

with Kale & Cheesy Croutons

WINTER WARMERS

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Sweetcorn



Kale



Potato



Carrot



Spring Onion



Diced Bacon



Nan's Special Seasoning



Bake-At-Home Ciabatta



Shredded Cheddar Cheese



Light Cooking Cream



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

We couldn't be prouder of this chowda! This creamy soup has all the veggies worth boasting about, like carrot, kale and tender potatoes. Light cooking cream is swirled in for extra richness, then it's all topped with cheesy croutons for extra decadence.

Pantry items

Olive Oil, Plain Flour

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
kale	½ medium bag	1 medium bag
potato	2	4
carrot	1	2
spring onion	1 stem	2 stems
diced bacon	1 packet (90g)	1 packet (180g)
Nan's special seasoning	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
plain flour*	1 tsp	2 tsp
bake-at-home ciabatta	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2886kJ (690Cal)	433kJ (103Cal)
Protein (g)	27.6g	4.1g
Fat, total (g)	29.8g	4.5g
- saturated (g)	15.2g	2.3g
Carbohydrate (g)	74.8g	11.2g
- sugars (g)	21.3g	3.2g
Sodium (mg)	1528mg	229mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3623kJ (866Cal)	436kJ (104Cal)
Protein (g)	62.5g	7.5g
Fat, total (g)	33.6g	4g
- saturated (g)	16.4g	2g
Carbohydrate (g)	74.8g	9g
- sugars (g)	21.3g	2.6g
Sodium (mg)	1608mg	194mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**. Drain **sweetcorn**. Roughly tear **kale leaves (see ingredients)**, then discard stems. Cut **potato** and **carrot** into small chunks. Thinly slice **spring onion**.
- Place **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Make the cheesy croustons

- Meanwhile, cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- Place **ciabatta chunks** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **shredded Cheddar cheese** and season with **salt** and **pepper**. Toss to coat.
- Bake until golden, **5-7 minutes**.



Start the soup

- Meanwhile, heat a large saucepan over high heat with a drizzle of **olive oil**.
- Cook **diced bacon** and **onion**, breaking up **bacon** with a spoon, until golden, **3-4 minutes**. Add **sweetcorn** and cook for a further **3-4 minutes**.

Custom Recipe: Before cooking the bacon and veggies, heat saucepan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned, 5-6 minutes. Transfer to a bowl. Continue as above, returning chicken to the pan when the bacon and veggies are cooked.



Finish the soup

- When the soup is ready, remove from heat, then stir through **roasted veggies, kale** and **light cooking cream**.



Simmer the soup

- Add **garlic** and **Nan's special seasoning** and cook until fragrant, **1-2 minutes**.
- Add the **water** and the **plain flour**, stirring to combine. Bring to the boil, then reduce heat to medium and cook until slightly thickened, **5-6 minutes**.



Serve up

- Divide bacon and corn soup between bowls.
- Top with cheesy croustons and spring onion to serve. Enjoy!

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