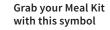
# Creamy Bacon & Corn Soup with Kale & Cheesy Croutons

WINTER WARMERS













Sweetcorn



Potato



Spring Onion



Ciabatta

Carrot



Nan's Special



Seasoning



Shredded Cheddar



**Light Cooking** Cream



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

Eat Me Early\* \*Custom Recipe only We couldn't be proud 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.



#### 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

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	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	
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<sup>\*</sup>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.



TIP: If your oven tray is crowded, divide the veggies

Custom Recipe: If you've added chicken breast,



- 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
- Place potato and carrot on a lined oven tray. Drizzle with olive oil, season with salt and
- Roast until tender. 20-25 minutes.

between two trays.

cut chicken into 2cm chunks.



# 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.



# 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.



# Make the cheesy croutons

- 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.



## Finish the soup

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



## Serve up

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



Scan here if you have any questions or concerns





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