HELLO FRESH

Creamy Potato & Corn Soup
with Cheesy Croutons & Chives

WINTER WARMERS

Ingredients

Potato	Carrot
Brown Onion	Garlic
Silverbeet	Sweetcorn
Garlic & Herb Seasoning	Vegetable Stock Pot
Bake-At-Home Ciabatta	Shredded Cheddar Cheese
Plant-Based Cooking Cream	Chives
Chicken Breast	

Pantry items

Olive Oil, Butter

Prep in: **20-30** mins
Ready in: **35-45** mins

Eat Me Early*
Custom Recipe only

This creamy soup has all the veggies worth boasting about, like carrot, sweetcorn, silverbeet and tender potatoes. Light cooking cream is swirled in for extra richness, then it's all topped with cheesy croutons for extra decadence.

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

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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
potato	2	4
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
silverbeet	1 medium bag	1 large bag
sweetcorn	1 tin (300g)	2 tins (600g)
*butter**	40g	80g
garlic & herb seasoning	1 medium sachet	1 large sachet
*water**	1½ cups	3 cups
vegetable stock pot	1 pot (20g)	1 pot (40g)
bake-at-home ciabatta	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
plant-based cooking cream	1 medium packet	2 medium packets
chives	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

***Pantry Items*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3996kJ (955Cal)	496kJ (119Cal)
Protein (g)	22.4g	2.8g
Fat, total (g)	57.3g	7.1g
- saturated (g)	20g	2.5g
Carbohydrate (g)	83.6g	10.4g
- sugars (g)	25.6g	3.2g
Sodium (mg)	2132mg	265mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4732kJ (1131Cal)	488kJ (117Cal)
Protein (g)	57.3g	5.9g
Fat, total (g)	61.1g	6.3g
- saturated (g)	21.2g	2.2g
Carbohydrate (g)	83.6g	8.6g
- sugars (g)	25.6g	2.6g
Sodium (mg)	2212mg	228mg

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.

1

Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

2

Get prepped

- While veggies are roasting, finely chop **brown onion** and **garlic**.
- Roughly chop **silverbeet**.
- Drain **sweetcorn**.

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

3

Simmer the soup

- In a large saucepan, heat a drizzle of **olive oil** and half the **butter** over medium-high heat.
- Add **onion** and cook, stirring occasionally, until softened, **4-5 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.
- Add the **water**, **vegetable stock pot** and **sweetcorn**. Stir to combine, bring to the boil, then reduce heat to medium and simmer until slightly reduced, **4-6 minutes**.

Custom Recipe: Before cooking the onion, in a large frying pan, heat a drizzle of olive oil over a high heat. Add chicken and cook, tossing ocassionally, until browned and cooked through 5-6 minutes. Transfer to a bowl.

4

Make the cheesy croutons

- While the soup is simmering, cut or tear **bake-at-home ciabatta** into bite-sized chunks and place on a second lined oven tray.
- Add a drizzle of **olive oil**, season with **salt** and **pepper** and toss to coat.
- Sprinkle over **shredded Cheddar cheese**. Bake until golden, **5-7 minutes**.

5

Finish the soup

- Remove **soup** from the heat and stir through **silverbeet**, **roasted veggies**, **plant-based cooking cream** and remaining **butter**, until melted and wilted, **1 minute**. Season to taste.

Custom Recipe: Stir chicken through soup with veggies.

6

Serve up

- Finely chop **chives**.
- Divide the creamy potato & corn soup between bowls.
- Top with the cheesy croutons and chives. Enjoy!

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