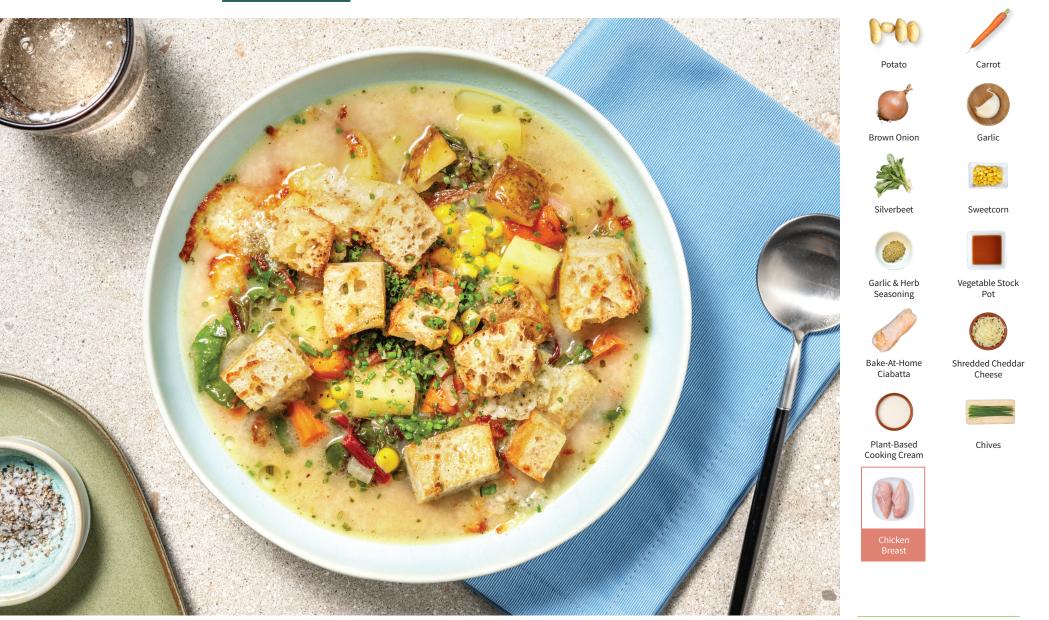


Creamy Potato & Corn Soup with Cheesy Croutons & Chives

WINTER WARMERS





Pantry items Olive Oil, Butter

Prep in: 20-30 mins Ready in: 35-45 mins Eat Me Early* *Custom Recipe only

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

cream is swirled in for extra richness, then it's all topped with cheesy croutons for extra decadence.

This creamy soup has all the veggies worth boasting about, like carrot, sweetcorn, silverbeet and tender potatoes. Light cooking

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 \cdot 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		

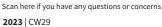
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4732kJ (1131Cal)	488kJ (117Cal)
Protein (g)	57.3g	5.9g
Fat, total (g)	61.1g	6.3g
- saturated (g)	21.2g	2.2g
Carbohydrate (g)	83.6g	8.6g
- sugars (g)	25.6g	2.6g
Sodium (mg)	2212mg	228mg

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.

We're here to help!





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.



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.



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.



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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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**.



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.

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