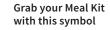
Creamy Potato, Parsnip & Corn Soup with Silverbeet, Cheesy Croutons & Chives

WINTER WARMERS















Brown Onion







Sweetcorn

Silverbeet



Garlic & Herb



Vegetable Stock

Seasoning



Bake-At-Home Ciabatta



Shredded Cheddar Cheese



Plant-Based **Cooking Cream**





Pantry items Olive Oil, Butter

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



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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
parsnip	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 packet (20g)	2 packets (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 **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3994kJ (955Cal)	519kJ (124Cal)
Protein (g)	22.8g	3g
Fat, total (g)	57.4g	7.5g
- saturated (g)	20g	2.6g
Carbohydrate (g)	83g	10.8g
- sugars (g)	22.7g	2.9g
Sodium (mg)	2100mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4730kJ (1130Cal)	506kJ (121Cal)
Protein (g)	57.7g	6.2g
Fat, total (g)	61.2g	6.5g
- saturated (g)	21.2g	2.3g
Carbohydrate (g)	83g	8.9g
- sugars (g)	22.7g	2.4g
Sodium (mg)	2180mg	233mg

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** and **parsnip** 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 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: Cook chicken with the onion. Continue with step as above.



Make the cheesy croutons

- While 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.



Serve up

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

Rate your recipe

We need your expertise!