



# Creamy Potato, Parsnip & Corn Soup

with Silverbeet, Cheesy Croutons & Chives

WINTER WARMERS

Grab your Meal Kit with this symbol



Potato



Parsnip



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

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

Eat Me Early\*  
\*Custom Recipe only

Winter is soup season so how could we not dish up a soup that received a round of applause when developed in our kitchens! With some heart veggies (like parsnip, potato and silverbeet) and a creamy corn-studded broth, you'll find yourself engrossed in this meal, especially when those cheesy croutons get added on top!

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

### Pantry items

Olive Oil, Butter

## 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
<b>olive oil*</b>	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)
<b>butter*</b>	40g	80g
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>water*</b>	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](https://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



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## 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**.

4



## 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**.

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 into 2cm chunks.

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.

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:** Cook chicken with the onion. Continue with step as above.

6



## 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!

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