

# One-Pot Creamy Prawn & Corn Soup

with Croutons

Grab your Meal Kit with this symbol



Carrot



Brown Onion



Garlic



Sweetcorn



Peeled Prawns



Light Cooking Cream



Garlic & Herb Seasoning



Baby Spinach Leaves



Bake-At-Home Ciabatta



Chilli Flakes (Optional)



Peeled Prawns

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Reduced

Eat Me Early

This one-pot soup wonder has all the veggies worth boasting about, like carrot, sweetcorn and onion. Light cooking cream is swirled in for extra richness, then it's all topped with crunchy croutons and tender prawns for extra decadence.

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

**Pantry items**

Olive Oil



## 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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
sweetcorn	1 medium tin	1 large tin
peeled prawns	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>water*</b>	1 cup	2 cups
baby spinach leaves	1 medium packet	1 large packet
bake-at-home ciabatta	1	2
chilli flakes (optional)	pinch	pinch
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2597kJ (621Cal)	528kJ (126Cal)
Protein (g)	27g	5.5g
Fat, total (g)	22.3g	4.5g
- saturated (g)	9.4g	1.9g
Carbohydrate (g)	76.2g	15.5g
- sugars (g)	16.5g	3.4g
Sodium (mg)	1717mg	349mg
Dietary Fibre (g)	10.7g	2.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2864kJ (685Cal)	488kJ (117Cal)
Protein (g)	40.3g	6.9g
Fat, total (g)	23.2g	4g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	77.1g	13.1g
- sugars (g)	17.5g	3g
Sodium (mg)	2342mg	399mg
Dietary Fibre	11.7g	2.1g

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



## Get prepped

- Thinly slice **carrot** into half-moons.
- Finely chop **brown onion** and **garlic**.
- Drain **sweetcorn**.



## Make the soup

- Wipe out saucepan and return to high heat with a drizzle of **olive oil**.
- Cook **corn**, **carrot** and **onion**, tossing, until charred and tender, **4-5 minutes**.
- Reduce heat to medium, then stir in **light cooking cream**, **garlic & herb seasoning** and the **water**, and simmer until slightly reduced, **1-2 minutes**.
- Add **baby spinach leaves**, stirring to combine, **1 minute**. Season with **pepper**.



## Cook the prawns

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the **last minute** of cook time, add **garlic** and cook, tossing, until fragrant, **1 minute**. Transfer to serving bowls, season and set aside.

**Custom Recipe:** If you've doubled your peeled prawns, cook prawns as above, in batches for best results.



## Serve up

- Meanwhile, slice **bake-at-home ciabatta** into half lengthways and toast to your liking. Cut or tear into bite-sized chunks.
- In a medium bowl, combine a generous drizzle of olive oil and a pinch of salt and pepper. Add **croutons** and toss to coat.
- Divide soup between bowls with cooked prawns.
- Top with croutons and sprinkle over a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

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