

One-Pot Creamy Prawn & Corn Soup

with Croutons

WINTER WARMERS

Grab your meal kit with this number

31



Carrot



Brown Onion



Garlic



Sweetcorn



Peeled Prawns



Light Cooking Cream



Garlic & Herb Seasoning



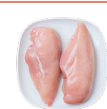
Baby Spinach Leaves



Bake-At-Home Ciabatta



Chilli Flakes (Optional)




Chicken Breast



Peeled Prawns

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

 Calorie Smart

 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.

Pantry items

Olive Oil, Plain Flour

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2639kJ (631cal)	264kJ (63cal)
Protein (g)	27.4g	2.7g
Fat, total (g)	22.3g	2.2g
- saturated (g)	9.6g	1g
Carbohydrate (g)	78.8g	7.9g
- sugars (g)	16.5g	1.7g
Sodium (mg)	1715mg	171.7mg
Dietary Fibre (g)	11g	1.1g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.
- Add **light cooking cream**, the **plain flour**, **garlic & herb seasoning** and **water** and simmer, until slightly thickened, **2-3 minutes**.
- Add **baby spinach leaves**, stirring to combine, **1 minute**. Season with **salt** and **pepper** to taste.



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 with **salt** and **pepper** and set aside.



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 creamy corn soup between bowls.
- Top with garlic prawns and croutons.
- Sprinkle over a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

