

# One Pot Creamy Prawn & Corn Soup

with Flatbread Crisps

WINTER WARMERS

Grab your Meal Kit with this symbol



Carrot



Brown Onion



Garlic



Sweetcorn



Prawns



Light Cooking Cream



Garlic & Herb Seasoning



Baby Spinach Leaves



Flatbread



Chilli Flakes (Optional)



Chicken Breast

### Recipe Update

Unfortunately, this week's bake-at-home ciabatta was in short supply, so we've replaced it with flatbread. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

Calorie Smart

Eat Me First

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 flatbread crisps 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 tin (125g)	1 tin (300g)
prawns	1 packet (200g)	2 packets (400g)
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 bag	1 large bag
flatbread	1	2
chilli flakes (optional)	pinch	pinch
chicken breast**	1 small packet	2 small packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1964kJ (469Cal)	395kJ (94Cal)
Protein (g)	24.9g	5g
Fat, total (g)	16.5g	3.3g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	49.9g	10g
- sugars (g)	17g	3.4g
Sodium (mg)	1575mg	317mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2416kJ (577Cal)	430kJ (103Cal)
Protein (g)	44.4g	7.9g
Fat, total (g)	21.2g	3.8g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	49.9g	8.9g
- sugars (g)	17g	3g
Sodium (mg)	1011mg	180mg

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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## Get prepped

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

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks.

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## 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**.

2



## Cook the prawns

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **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 a bowl, season and set aside.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue as above.

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## Serve up

- Meanwhile, tear **flatbread** (see ingredients), and toast to your liking.
- 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. Top with cooked prawns and flatbread crisps. Sprinkle over a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

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