



# Creamy Potato & Corn Soup

with Cheesy Croutons & Chives

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Garlic



Silverbeet



Sweetcorn



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Chives



Vegetable Stock Pot



Shredded Cheddar Cheese



Light Cooking Cream



Chicken Breast

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

Eat Me Early\*  
*\*Custom Recipe only*

This creamy soup has all the veggies worth boasting about, like carrot, sweetcorn, silverbeet and tender potatoes. Light cooking cream is swirled in for extra richness, then it's all topped with cheesy croutons for extra decadence.

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
silverbeet	1 medium bag	1 large bag
sweetcorn	1 large tin	2 large tins
<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 pot (20g)	1 pot (40g)
bake-at-home ciabatta	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
chives	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4000kJ (956Cal)	497kJ (118Cal)
Protein (g)	22.4g	2.8g
Fat, total (g)	57.3g	7.1g
- saturated (g)	20g	2.5g
Carbohydrate (g)	83.6g	10.4g
- sugars (g)	25.6g	3.2g
Sodium (mg)	2132mg	265mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4760kJ (1137Cal)	491kJ (117Cal)
Protein (g)	55.6g	5.7g
Fat, total (g)	62.5g	6.4g
- saturated (g)	21.6g	2.2g
Carbohydrate (g)	83.6g	8.6g
- sugars (g)	25.6g	2.6g
Sodium (mg)	2221mg	229mg

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

2022 | CW48



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** 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 the 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 the veggies are roasting, finely chop **brown onion** and **garlic**.
- Roughly chop **silverbeet**. Drain **sweetcorn**.

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

5



## Finish the soup

- Remove **soup** from the heat and stir through **silverbeet**, **roast veggies**, **light cooking cream** and remaining **butter**, until melted and wilted, **1 minute**. Season to taste.

**Custom Recipe:** Stir chicken through soup with veggies.

3



## Simmer the soup

- In a large saucepan, heat a drizzle of **olive oil** and 1/2 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 to medium heat and simmer until slightly reduced, **4-6 minutes**.

**Custom Recipe:** Before cooking the onion, in a large frying pan, heat a drizzle of olive oil over a high heat. Add the chicken and cook, tossing occasionally, 5-6 minutes. Transfer to a bowl.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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