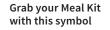


# Creamy Potato & Corn Soup with Cheesy Croutons & Chives

CLIMATE SUPERSTAR











**Brown Onion** 





Silverbeet

Sweetcorn



Garlic & Herb Seasoning

Bake-At-Home Ciabatta





Chives

Vegetable Stock





Shredded Cheddar

**Light Cooking Cream** 





**Pantry items** Olive Oil, Butter

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



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.

# 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

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	2 People	4 People		
olive oil*	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		
butter*	40g	80g		
garlic & herb seasoning	1 medium sachet	1 large sachet		
water*	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
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Avg Qty	Per Serving	Per 100g
Energy (kJ)	4760kJ (1137Cal)	<b>491kJ</b> (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 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





# 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.



# 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.



# 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 ocassionally, 5-6 minutes. Transfer to a bowl.



# 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



# 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.



# Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate