

Creamy Bacon & Veggie Chowder

with Kale & Cheesy Croutons

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Celery



Kale



Potato



Carrot



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Diced Bacon



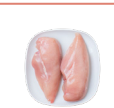
Vegetable Stock Pot



Shredded Cheddar Cheese



Light Cooking Cream



Chicken Breast

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early
**Custom Recipe only*

We couldn't be proud of this chowda! This creamy soup has all the veggies worth boasting about, like carrot, kale and tender potatoes. Light cooking cream is swirled in for extra richness, then it's all topped with cheesy croutons 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

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
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
kale	½ medium bag	1 medium bag
potato	2	4
carrot	1	2
garlic & herb seasoning	1 sachet	2 sachets
diced bacon	1 packet (90g)	1 packet (180g)
water*	1 ½ cups	3 cups
vegetable stock pot	1 packet (20g)	1 packet (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
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	467kJ (112Cal)
Protein (g)	29.5g	4.5g
Fat, total (g)	31.5g	4.8g
- saturated (g)	16.7g	2.5g
Carbohydrate (g)	78.7g	12g
- sugars (g)	22g	3.3g
Sodium (mg)	2024mg	308mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3816kJ (912Cal)	464kJ (111Cal)
Protein (g)	63.9g	7.8g
Fat, total (g)	35.9g	4.4g
- saturated (g)	18g	2.2g
Carbohydrate (g)	79.2g	9.6g
- sugars (g)	22.5g	2.7g
Sodium (mg)	2105mg	256mg

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

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Get prepped & roast the veg

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**. Thinly slice **celery**. Roughly tear **kale** leaves (see ingredients), then discard stem. Cut **potato** and **carrot** into small chunks.
- Place **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

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



Make the cheesy croutons

- Cut or tear **bake-at-home ciabatta** (see ingredients) into bite-sized chunks.
- Place **ciabatta** chunks on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **shredded Cheddar cheese** and season with **salt** and **pepper**. Toss to coat.
- Bake until golden, **5-7 minutes**.

Little cooks: Lend a hand by tearing the ciabatta and tossing it with the olive oil and seasonings!



Start the chowder

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **diced bacon**, **celery** and **onion**, breaking up bacon with a spoon, until golden, **4-5 minutes**.

Custom Recipe: Before cooking the bacon and veggies, heat frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned, 5-6 minutes. Transfer to a bowl. Continue as above, returning chicken to the pan when the bacon and veggies are cooked.



Finish the chowder

- When the soup is ready, remove from heat, then stir through roasted **veggies**, **kale** and **light cooking cream**.



Simmer the chowder

- Add **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **water** and **vegetable stock pot**. Bring to the boil, then reduce heat to medium and cook until slightly thickened, **10-12 minutes**.



Serve up

- Divide bacon and veggie chowder between bowls.
- Top with cheesy croutons to serve. Enjoy!

Little cooks: Add the finishing touch by topping the chowder with the cheesy croutons!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate