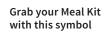
Creamy Bacon & Corn Soup with Kale & Cheesy Croutons

WINTER WARMERS

CLIMATE SUPERSTAR















Sweetcorn





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Carrot

Potato

Spring Onion





Nan's Special Seasoning

Bake-At-Home Ciabatta



Shredded Cheddar

Light Cooking Cream

Recipe Update Unfortunately, this week's zucchini was in short supply, so we've replaced it with carrot. Don't worry, the recipe will be just as delicious, just be sure to follow your

recipe card!



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

Eat Me Early* *Custom Recipe only

We couldn't be prouda 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.

Olive Oil, Plain Flour

Pantry items

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

Two oven trays lined with baking paper · Large saucepan Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1	2		
garlic	2 cloves	4 cloves		
sweetcorn	1 tin (125g)	1 tin (300g)		
kale	½ medium bag	1 medium bag		
potato	2	4		
carrot	1	2		
spring onion	1 stem	2 stems		
diced bacon	1 packet (90g)	1 packet (180g)		
Nan's special seasoning	1 medium sachet	1 large sachet		
water*	1½ cups	3 cups		
plain flour*	1 tsp	2 tsp		
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)	2913kJ (696Cal)	437kJ (104Cal)
Protein (g)	27.7g	4.2g
Fat, total (g)	29.2g	4.4g
- saturated (g)	15.1g	2.3g
Carbohydrate (g)	74.8g	11.2g
- sugars (g)	21.3g	3.2g
Sodium (mg)	1544mg	232mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3673kJ (878Cal)	442kJ (106Cal)
Protein (g)	61g	7.3g
Fat, total (g)	34.4g	4.1g
- saturated (g)	16.7g	2g
Carbohydrate (g)	74.8g	9g
- sugars (g)	21.3g	2.6g
Sodium (mg)	1632mg	196mg

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

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

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

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



Start the soup

- Meanwhile, heat a large saucepan over high heat with a drizzle of olive oil.
- Cook diced bacon and onion, breaking up bacon with a spoon, until golden, **3-4 minutes**. Add sweetcorn, cooking for a further 3-4 minutes.

Custom Recipe: Before cooking the bacon and veggies, heat saucepan 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.



Simmer the soup

- · Add garlic and Nan's special seasoning and cook until fragrant, 1-2 minutes.
- Add the water and the plain flour, stirring to combine. Bring to the boil, then reduce heat to medium and cook until slightly thickened, 5-6 minutes.



Make the cheesy croutons

- Meanwhile, cut or tear the bake-at-home ciabatta 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.



Finish the soup

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



Serve up

- Divide bacon and corn soup between bowls.
- Top with cheesy croutons and spring onion to serve. Enjoy!

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

Scan here if you have any questions or concerns