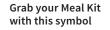


One Pot Creamy Prawn & Corn Soup

with Flatbread Crisps

WINTER WARMERS









Brown Onion





Sweetcorn

Garlic

Light Cooking Cream



Baby Spinach

Chilli Flakes

(Optional)

Seasoning



Flatbread



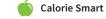
Recipe Update Unfortunately, this week's bake-at-home ciabatta was in short supply, so we've replaced it with flatbread. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe

card!



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

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.

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

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	2 People	4 People	
olive oil*	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	
water*	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	
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^{*}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

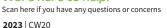
The quantities provided above are averages only.

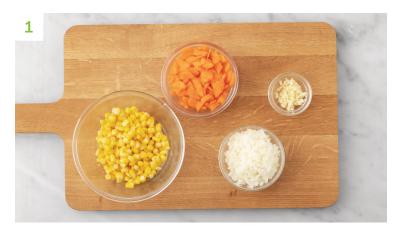
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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.



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.



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.



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!

