



Quick Sweet Potato and Corn Chowder with Garlic Ciabatta

Quick 20-25 Minutes • Mild Spice • 4 of your 5 a day

18



Sweet Potato



Green Pepper



Onion



Garlic Clove



Central American Style Spice Mix



Vegetable Stock Paste



Chives



Ciabatta



Sweetcorn



Creme Fraiche



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Plain Flour, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, saucepan, kitchen scissors and sieve.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Green Pepper**	1	1½	2
Onion**	1	1½	2
Garlic Clove**	3	5	6
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Chives**	1 bunch	1 bunch	1 bunch
Ciabatta 13)	2	3	4
Sweetcorn	160g	340g	340g
Crème Fraîche** 7)	150g	225g	300g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Soup*	250ml	375ml	500ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	647g	100g	802g	100g
Energy (kJ/kcal)	3039 /726	470 /112	3686 /881	459 /110
Fat (g)	33.0	5.1	35.4	4.4
Sat. Fat (g)	16.1	2.5	16.7	2.1
Carbohydrate (g)	93.8	14.5	93.9	11.7
Sugars (g)	22.6	3.5	22.7	2.8
Protein (g)	16.3	2.5	47.8	6.0
Salt (g)	2.75	0.42	2.94	0.37

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Sweet Potato

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks (no need to peel).
- Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**
- When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



Garlic Ciabatta Time

- While the **chowder** simmers, finely chop the **chives** (use scissors if easier).
- Halve the **ciabatta** and lay onto a baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
- Bake the **garlic ciabatta** on the top shelf of your oven until golden, 4-5 mins.



Fry the Pepper

- Meanwhile, halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **pepper** and **onion**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until softened, 4-5 mins.



Bring on the Corn

- Meanwhile, drain the **sweetcorn** in a sieve.
- Once the **chowder** has thickened, stir through the **crème fraîche** and the **sweetcorn**.
- Bring back to the boil, then reduce the heat and simmer until piping hot, 1-2 mins. Add a splash of **water** if it's a little too thick.



Simmer your Chowder

- Once softened, add the **Central American style spice mix**, **plain flour** (see pantry for amount) and **half** the **garlic** to the pan.
- Cook, stirring, for 1 min.
- Add the **veg stock paste** and **water for the soup** (see pantry for amount). Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 8-10 mins.

CUSTOM RECIPE

If you're adding **chicken**, add to the **chowder** when adding the **water for the soup**. Cook for 10-12 mins, then continue as instructed.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish and Serve

- Once the **sweet potato** has roasted, stir it through the **chowder**.
- Share the **creamy corn chowder** between your bowls and sprinkle over the **chives** to finish.
- Serve with the **garlic ciabatta** alongside.

Enjoy!