



New England Style Crab and Bacon Chowder with Sweetcorn and Toasted Ciabatta

Lunch 40-45 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



British Smoked Bacon Lardons



Onion



Thyme



Salad Potatoes



Garlic Clove



Chicken Stock Paste



Chives



Lemon



Ciabatta



Orkney Crab Meat



Sweetcorn



Creme Fraiche



Chowder is a beloved New England dish with deep colonial roots and a rich maritime tradition, utilising the region's abundant seafood and potatoes. Enjoyed for centuries, it's a comforting and flavourful taste of the New England coast in every bowl. Our creamy crab chowder is rich, hearty and filling, with pops of sweet and salty from the sweetcorn and bacon.

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, bowl, garlic press and blender.

Ingredients

Ingredients	Quantity
British Smoked Bacon Lardons**	90g
Onion	1
Thyme**	1 bunch
Salad Potatoes	350g
Garlic Clove**	2
Chicken Stock Paste	15g
Chives**	1 bunch
Lemon**	1
Ciabatta 13)	2
Orkney Crab Meat** 5)	100g
Sweetcorn	160g
Creme Fraiche** 7)	150g

Pantry	Quantity
Butter*	20g
Water*	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	912g	100g
Energy (kJ/kcal)	3773 /902	414 /99
Fat (g)	47.0	5.2
Sat. Fat (g)	23.9	2.6
Carbohydrate (g)	95.1	10.4
Sugars (g)	16.3	1.8
Protein (g)	32.1	3.5
Salt (g)	4.70	0.52

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

Allergens

5) Crustaceans **7)** Milk **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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Fry the Bacon

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once the **oil** is hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*
- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Once the **bacon** is cooked, pop into a small bowl and set aside for now.



Warm the Bread

- If you don't have a toaster, preheat your grill to high. Halve the **ciabatta**.
- Toast the **ciabatta** in your toaster until golden. Alternatively, grill until golden, 2-3 mins.



Fry the Onions

- Return the saucepan to medium heat. Add the **butter** (see pantry for amount) and warm until melted.
- Once the **butter** is melted, add the **onion** and **whole thyme sprigs**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.
- Meanwhile, halve the **salad potatoes** (no need to peel).
- Peel and grate the **garlic** (or use a garlic press).



Time to Blend

- Carefully remove the **thyme stalks** from the pan.
- If you have a blender, pour **half** the **soup mixture** into it and blend until smooth, then return the **blended mixture** to the large saucepan.



Boil the Potatoes

- Once the **onion** is softened, add the **garlic**, **chicken stock paste** and **water** (see pantry for amount) to the saucepan and bring to the boil.
- When boiling, add the **potatoes** to the **water**, lower the heat to medium and cook until you can easily slip a knife through, 15-20 mins.
- Meanwhile, finely chop the **chives** (use scissors if easier) and quarter the **lemon**.



Finish and Serve

- Add the **crab**, **cooked bacon**, **sweetcorn** (no need to drain), **creme fraiche** and **three quarters** of the **chives** to the saucepan and stir to combine.
- Halve the **ciabatta**, then cut diagonally into triangles. Pop onto 2 side plates.
- Divide the **chowder** between your serving bowls and sprinkle over the remaining **chives**.
- Serve with the **lemon wedges** for squeezing over to finish.

Enjoy!