



Quick Sweet Potato and Corn Chowder with Garlic Ciabatta

Rapid 20 Minutes • 3 of your 5 a day • Veggie

20



Diced Sweet Potato



Green Pepper



Garlic Clove



Central American Style Spice Mix



Vegetable Stock Paste



Chives



Ciabatta



Creme Fraiche



Sweetcorn

Pantry Items

Oil, Salt, Pepper, Plain Flour, Olive Oil

Before you start

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

Cooking tools

Baking tray, garlic press, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Green Pepper**	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
Crème Fraîche** (7)	150g	225g	300g
Sweetcorn	150g	225g	300g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	300ml	450ml	600ml
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
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	2844 /680	658 /157
Fat (g)	32.6	7.5
Sat. Fat (g)	16.1	3.7
Carbohydrate (g)	84.1	19.5
Sugars (g)	16.1	3.7
Protein (g)	14.2	3.3
Salt (g)	2.75	0.64

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, 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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Roast the Sweet Potato

a) Preheat your oven to 240°C/220°C fan/gas mark 9.

b) Pop the **diced sweet potato** 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.

c) When the oven is hot, roast on the top shelf until golden and tender, 16-18 mins. Turn halfway through.



Garlic Ciabatta Time

a) While the **chowder** simmers, finely chop the **chives** (use scissors if easier).

b) Halve the **ciabatta** and lay onto a baking tray, cut-side up.

c) Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).

d) Bake on the top shelf of your oven until golden, 4-5 mins.



Fry the Pepper

a) Meanwhile, halve the **green pepper** and discard the core and seeds. Chop into 1cm chunks.

b) Peel and grate the **garlic** (or use a garlic press).

c) Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **chopped pepper** and season with **salt** and **pepper**.

d) Cook, stirring occasionally, until softened, 3-4 mins.



Bring on the Corn

a) Meanwhile, drain the **sweetcorn** in a sieve.

b) Once the **chowder** has thickened, stir through the **crème fraîche** and **corn**.

c) 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

a) Once softened, add the **Central American style spice mix**, **flour** (see pantry for amount) and **half the garlic** to the **pepper**.

b) Cook, stirring, for 1 min.

c) Stir in the **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then reduce the heat and simmer, stirring occasionally, until thickened, 8-10 mins.



Finish and Serve

a) Once the **sweet potato** has roasted, stir it through the **chowder**.

b) Share the **creamy corn chowder** between your bowls and sprinkle over the **chives** to finish.

c) Serve with the **garlic ciabatta** alongside.

Enjoy!