

One-Pot Creamy Chicken & Corn Soup

with Wholemeal Panini

Grab your Meal Kit with this symbol



Garlic



Celery



Carrot



Sweetcorn



Chicken Thigh



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Cream



Wholemeal Panini



Diced Bacon

Prep in: **25-35 mins**
Ready in: **35-45 mins**

 Eat Me Early

Is this chicken soup? The answer is almost, but this bowl of warm flavours has some hidden gems waiting in the broth. The golden pops of sweetcorn are easy to spot and the roast veggies are a delight to taste. This is truly a bowl of bliss.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
celery	1 stalk	2 stalks
carrot	1	2
sweetcorn	1 tin	1 tin
chicken thigh	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 large sachet	2 large sachets
water*	2 cups	4 cups
cream	½ packet (125ml)	1 packet (250ml)
wholemeal panini	1	2
butter*	20g	40g
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3148kJ (752Cal)	672kJ (161Cal)
Protein (g)	37.6g	8g
Fat, total (g)	50.9g	10.9g
- saturated (g)	25.7g	5.5g
Carbohydrate (g)	41.9g	8.9g
- sugars (g)	12.3g	2.6g
Sodium (mg)	1899mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3733kJ (892Cal)	720kJ (172Cal)
Protein (g)	45.6g	8.8g
Fat, total (g)	63.1g	12.2g
- saturated (g)	30.1g	5.8g
Carbohydrate (g)	42g	8.1g
- sugars (g)	12.3g	2.4g
Sodium (mg)	2298mg	443mg

The quantities provided above are averages only.

Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns



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1



Get prepped

- Finely chop **garlic**. Thinly slice **celery**. Thinly slice **carrot** into half-moons. Drain the **sweetcorn**.
- Cut **chicken thigh** into 2cm chunks.

3



Finish the soup

- Add **chicken** and cook until slightly browned, **2-3 minutes**.
- Add **garlic & herb seasoning** and **garlic** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **water** and **cream (see ingredients)**. Bring to a simmer and cook until chicken is cooked through, **5-10 minutes**. Season with **pepper**.

2



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery** until tender, **4-5 minutes**.
- Add **sweetcorn** and **carrot** and cook until tender, **5-6 minutes**.

Custom Recipe: If you've added diced bacon to your meal, cook bacon with the corn and carrot!

4



Serve up

- Meanwhile, cut **wholemeal panini** into slices. Toast or grill to your liking.
- Spread the **butter** over panini.
- Divide one-pot creamy chicken and corn soup between bowls.
- Serve with wholemeal panini. Enjoy!

Rate your recipe

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