



# Prawn & Sweetcorn Soup

with Roasted Veggies & Spring Onion

NEW

Grab your Meal Kit with this symbol



Carrot



Potato



Garlic



Leek



Spring Onion



Sweetcorn



Cornflour



Peeled Prawns



Garlic & Herb Seasoning



Chicken-Style Stock Powder

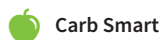


Chicken Breast

### Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with leek. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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



Eat Me Early\*  
\*Custom Recipe only

Summer and winter collide in the pan tonight to transform soup into a breezy new dinner sensation. Fresh and sunny prawns are cooked up to perfection with vibrant corn alongside warm and cosy veggies like carrot and potato in a broth that balances everything. It's the season of soup for sure!

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

### Pantry items

Olive Oil, Soy Sauce, Sesame 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

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
garlic	2 cloves	4 cloves
leek	1	2
spring onion	1 stem	2 stems
sweetcorn	1 tin	1 tin
cornflour	½ packet	1 packet
peeled prawns	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
<b>water*</b>	3 cups	6 cups
chicken-style stock powder	1 medium sachet	1 large sachet
<b>soy sauce*</b>	½ tbs	1 tbs
<b>sesame oil*</b>	½ tbs	1 tbs
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1285kJ (307Cal)	322kJ (77Cal)
Protein (g)	19g	4.8g
Fat, total (g)	5.8g	1.5g
- saturated (g)	1g	0.3g
Carbohydrate (g)	37.9g	9.5g
- sugars (g)	12.4g	3.1g
Sodium (mg)	2007mg	503mg
Dietary Fibre (g)	7.2g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1680kJ (402Cal)	366kJ (87Cal)
Protein (g)	38.5g	8.4g
Fat, total (g)	10.6g	2.3g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	38.7g	8.4g
- sugars (g)	12.5g	2.7g
Sodium (mg)	1455mg	317mg
Dietary Fibre (g)	7.2g	1.6g

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](https://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

2023 | CW39



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Start the soup

- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **leek** until tender, **4-5 minutes**.
- Add **garlic & herb seasoning** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add the **water**, **chicken-style stock powder**, the **soy sauce**, **sesame oil** and a pinch of **salt** and **pepper**. Bring to a simmer and cook until slightly reduced, **3-4 minutes**.

2



## Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice white and light green parts of **leek**. Thinly slice **spring onion**. Drain the **sweetcorn**.
- In a small bowl, combine **cornflour** (see **ingredients**) and a splash of **water**, then stir until dissolved.
- Heat a large saucepan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

5



## Finish the soup

- Add **roasted veggies** to the saucepan along with the **cornflour mixture**. Simmer over medium-high heat, stirring, until the sauce has thickened slightly, **2-3 minutes**.
- Add the **prawns** and **charred corn** and stir to combine.

**Custom Recipe:** Add chicken with the charred corn as above.

3



## Cook the prawns

- Return the saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to the bowl with the **corn**.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks. Heat the saucepan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

6



## Serve up

- Divide prawn and sweetcorn soup between bowls.
- Garnish with spring onion to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)