



Creamy Roasted Veggie & Corn Soup

with Cheddar Cheese & Parsley

NEW

Grab your Meal Kit with this symbol



Cauliflower



Potato



Carrot



Leek



Lemon



Garlic



Sweetcorn



Garlic & Herb Seasoning



All-American Spice Blend



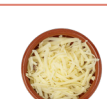
Cream



Shredded Cheddar Cheese



Parsley



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

A bowl of hearty, comforting soup is easily our favourite way to warm up when the weather cools down! This one is packed full of goodness, with an array of roasted veggies and pops of sweetcorn in a creamy broth. A sprinkle of Cheddar at the end adds the perfect amount of richness and cheesy deliciousness.

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

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	1	2
carrot	1	2
leek	1	2
lemon	½	1
garlic	2 cloves	4 cloves
sweetcorn	1 medium tin	1 large tin
garlic & herb seasoning	1 medium sachet	1 large sachet
All-American spice blend	1 medium sachet	1 large sachet
cream	½ packet	1 packet
water*	2 cups	4 cups
shredded Cheddar cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	470kJ (112Cal)
Protein (g)	13.1g	2.7g
Fat, total (g)	35.9g	7.3g
- saturated (g)	20.1g	4.1g
Carbohydrate (g)	40.7g	8.3g
- sugars (g)	23.5g	4.8g
Sodium (mg)	1367mg	279mg
Dietary Fibre (g)	7.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2650kJ (633Cal)	519kJ (124Cal)
Protein (g)	17.9g	3.5g
Fat, total (g)	42.6g	8.3g
- saturated (g)	24.6g	4.8g
Carbohydrate (g)	41.2g	8.1g
- sugars (g)	23.7g	4.6g
Sodium (mg)	1506mg	295mg
Dietary fibre	7.5g	1.5g

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



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Chop **cauliflower** (including stalk!) into small florets. Cut **potato** and **carrot** 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 and brown around edges, **20-25 minutes**.



Add the cream

- Add **cream** (see ingredients) and the **water**, and bring to the boil. Reduce heat to medium, then simmer until slightly reduced, **4-5 minutes**.



Get prepped

- Meanwhile, thinly slice **leek**. Slice **lemon** into wedges. Finely chop **garlic**. Drain **sweetcorn**.



Finish the soup

- Add **roasted veggies** and a squeeze of **lemon juice** to the soup, stirring to combine. Season to taste.

TIP: Add a splash more water if the soup looks too thick.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek** and **corn**, stirring, until softened, **4-5 minutes**.
- Add **garlic**, **garlic & herb seasoning** and **All-American spice blend**, and cook until fragrant, **1 minute**.



Serve up

- Divide creamy roasted veggie and corn soup between bowls.
- Sprinkle over **shredded Cheddar cheese** and tear over **parsley** to serve. Enjoy!

Custom Recipe: If you've doubled your Cheddar cheese, sprinkle extra cheese over to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate