



# Creamy Roasted Veggie & Corn Soup

with Cheddar Cheese & Parsley

Grab your meal kit with this number

8



Cauliflower



Potato



Carrot



Leek



Lemon



Garlic



Sweetcorn



Garlic & Herb Seasoning



All-American Spice Blend



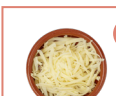
Cream



Shredded Cheddar Cheese



Parsley



Shredded Cheddar Cheese



Peeled Pumpkin Pieces

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

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.

### Pantry items

Olive Oil



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
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
<b>water*</b>	2 cups	4 cups
shredded Cheddar cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551cal)	193kJ (46cal)
Protein (g)	13.1g	1.1g
Fat, total (g)	35.9g	3g
- saturated (g)	20.1g	1.7g
Carbohydrate (g)	40.8g	3.4g
- sugars (g)	23.5g	2g
Sodium (mg)	1367mg	114.3mg
Dietary Fibre (g)	6.8g	0.6g

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.

1



## 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**.

2



## Get prepped

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

3



## 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**, stirring to combine. Cook until fragrant, **1 minute**.

4



## 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**.

5



## Finish the soup

- Add **roasted veggies** and a squeeze of **lemon juice** to the saucepan, then stir to combine. Season to taste.

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

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**+** **ADD PEELED PUMPKIN PIECES**  
Roast following method above until tender, 20-25 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

