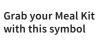


with Veggies & Crispy Shallots

CLIMATE SUPERSTAR















Garlic & Herb

Seasoning

Sweetcorn





Ginger Paste





Chicken-Style Stock Powder





Crispy Shallots



Diced Bacon

Prep in: 20-30 mins Ready in: 25-35 mins



Whether it be in warm weather or cold weather, soup always sits well at dinner time. The big benefit of a soup is you can taste everything in one slurp, like the veggies, ginger and mushroom seasoning with pops of bacon all pulled in together by the carrot noodles. See for yourself and get slurping!

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You will need

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
Asian greens	1 bunch	2 bunches
sweetcorn	1 tin	2 tins
diced bacon	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
ginger paste	1 medium packet	1 large packet
water*	3 cups	6 cups
mushroom powder	½ sachet	1 sachet
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
soy sauce*	1½ tbs	3 tbs
sesame oil*	½ tbs	1 tbs
carrot noodles	1 medium packet	1 large packet
crispy shallots	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1946kJ (465Cal)	392kJ (94Cal)
Protein (g)	15g	3g
Fat, total (g)	27.1g	5.5g
- saturated (g)	7.8g	1.6g
Carbohydrate (g)	39.1g	7.9g
- sugars (g)	16.1g	3.2g
Sodium (mg)	2732mg	550mg
Dietary Fibre (g)	12.4g	2.5g

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.



Get prepped

- Thinly slice courgette into half-moons. Roughly chop Asian greens.
 Drain the sweetcorn.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook diced bacon and sweetcorn, breaking bacon up with a spoon, until golden, 6-7 minutes. Transfer to a bowl.

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



Add the carrot noodles

- Return bacon and corn to the pan, then add the water, mushroom powder (see ingredients), chicken-style stock powder, soy sauce and sesame oil and bring to a simmer.
- Once the water is simmering, add **carrot noodles** and **Asian greens** and cook until tender, **3-4 minutes**.
- Season to taste with **salt** and **pepper**.



Cook the veggies

- Return saucepan to medium-high heat with a drizzle of olive oil. Cook courgette until tender, 2-3 minutes.
- Add garlic & herb seasoning and ginger paste and cook until fragrant,
 1-2 minutes.

TIP: Cover the pan with a lid if the ginger paste starts to spatter!



Serve up

- Divide bacon, sweetcorn and carrot noodle soup between bowls.
- Sprinkle over **crispy shallots** to serve. Enjoy!

