



Bacon, Sweetcorn & Carrot Noodle Soup

with Veggies & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Courgette



Asian Greens



Sweetcorn



Garlic & Herb Seasoning



Ginger Paste



Mushroom Powder



Chicken-Style Stock Powder



Carrot Noodles



Crispy Shallots



Diced Bacon

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

Carb Smart

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 veggies a wash.

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW49



1



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.

3



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**.

2



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!

4



Serve up

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

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