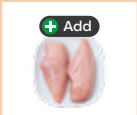




Smart 'Esquites' Bacon and Corn Chowder

with Sour Cream and Feta

Smart Meal 25 Minutes



Chicken Breasts
2 | 4

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Bacon Strips
100 g | 200 g



Corn on the Cob
2 | 4



Sweet Potato
1 | 2



Mirepoix
113 g | 227 g



Cream
56 ml | 113 ml



Sour Cream
1 | 2



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Cream Sauce Spice Blend
2 tbsp | 4 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Mexican Seasoning
1/2 tbsp | 1 tbsp



Green Onion
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook bacon

- Before starting, wash and dry all produce.

- Cut **bacon** into ½-inch pieces.
- Heat a large pot over medium-high heat (use same for 4 ppl). When hot, add **bacon**. Cook, stirring occasionally, until crispy, 5-7 min.** (TIP: If bacon begins to brown too quickly, reduce heat to medium.)
- Remove from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Reserve **bacon fat** in pot.

2



Prep

- While **bacon** cooks, on a clean cutting board, peel, then cut **sweet potato** into ¼-inch pieces.
- Thinly slice **green onion**.
- Husk, then halve **cobs** crosswise. Place **cut-side of cobs** down on the cutting board. Moving the knife along the **cob** in a downward motion, shave **corn kernels** off.

3



Start chowder

+ Add | Chicken Breasts

- Reheat the same pot over medium heat.
- When hot, add **mirepoix, corn** and **sweet potato**. Cook, stirring often, until **veggies** are tender-crisp, 4-5 min.

4



Finish chowder

- Add **cream sauce spice blend** and **half the Mexican seasoning** (use all for 4 ppl). Stir to coat.
- Add **vegetable stock powder, cream** and **2 cups** (3 ½ cups) **water**. Bring to a simmer over high, then reduce heat to medium.
- Cook, stirring occasionally, until **veggies** are tender, 6-9 min. (TIP: If liquid reduces too quickly before veggies are tender, add water, 2 tbsp at a time).

5



Finish and serve

+ Add | Chicken Breasts

- Season **stew** with **salt** and **pepper** to taste.
- Divide **stew** between bowls.
- Dollop **sour cream** over top. Sprinkle **bacon, feta** and **green onions** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Start chowder and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, while **chowder** cooks, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

5 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top bowls with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook bacon to a minimum internal temperature of 71°C/160°F, and cook chicken to a minimum internal temperature of 74°C/165°F, as size may vary.