



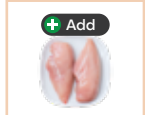
Carb Smart Loaded Bacon and Pepper Soup

with DIY Croutons

Smart Meal 20 Minutes

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)



Chicken Breasts **+**
2 | 4



- Bacon Strips
100 g | 200 g
- Ciabatta Roll
1 | 2
- Sweet Bell Pepper
1 | 2
- Corn Kernels
113 g | 226 g
- Green Onion
1 | 2
- Cheddar Cheese, shredded
¼ cup | ½ cup
- Roasted Pepper Pesto
¼ cup | ½ cup
- Cream Cheese
1 | 2
- Vegetable Stock Powder
1 tbsp | 2 tbsp
- All-Purpose Flour
1 tbsp | 2 tbsp
- Garlic, cloves
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.

Pantry items | Salt, unsalted butter, pepper, oil

Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, paper towels, parchment paper, tongs, whisk

1



Cook bacon

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

+ Add | **Chicken Breasts**

- Arrange **bacon** in an even layer on a parchment-lined baking sheet.
- Bake in the **middle** of the oven until crispy and cooked through, 12-14 min.**
- Using tongs, transfer **bacon** to a paper towel-lined plate.

2



Make croutons

- Meanwhile, cut **ciabatta** into 1-inch pieces.
- Toss **ciabatta** with **1 tbsp** (2 tbsp) **oil** on an unlined baking sheet. Season **salt** and **pepper**.
- Toast in the **bottom** of the oven until **croutons** are golden and crisp, 8-10 min.

3



Prep

- While the **croutons** bake, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Peel, then mince or grate **garlic**.

4



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then stir until **butter** melts.
- Add **garlic**, **peppers**, **corn** and **green onion whites**. Cook, stirring occasionally, until **peppers** start to soften and **corn** begins to brown slightly, 3 min. Season with **salt** and **pepper**.
- Sprinkle **flour** over **veggies**. Cook, stirring often, until **veggies** are coated, 1 min.

5



Start soup

- Add **cream cheese**, **stock powder** and **1 ½ cups** (3 cups) **water**. Carefully whisk until **cream cheese** is well combined. Bring up to a simmer. Once simmering, stir occasionally, until **soup** thickens slightly, 2-3 min.
- Remove from heat, then stir in **red pepper pesto**. Season with **pepper**, to taste.

6



Finish and serve

- Crumble or cut **bacon** into bite-sized pieces. (**TIP:** Use kitchen shears to cut bacon with ease.)
- Divide **soup** between bowls. Top with **bacon** and **croutons**.
- Sprinkle with **cheese** and **green onion greens**.

Measurements
within steps

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

1 | Cook bacon and chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 tbsp) **oil** over top. Bake in the **top** of the oven until golden and cooked through, 16-20 min.**

6 | 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, as size may vary, and cook chicken to a minimum internal temperature of 74°C/165°F.