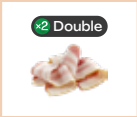




Carb Smart Creamy Bacon-Cauliflower Chowder

with Cheddar Cheese and Chives

Carb Smart 30 Minutes



Bacon Strips

200 g | 400 g

↗ Custom Recipe + 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



Cauliflower, florets
285 g | 570 g



Russet Potato
1 | 2



Chicken Stock Powder
1 tbsp | 2 tbsp



Garlic, cloves
2 | 4



Yellow Onion
1 | 2



Seed Blend
28 g | 56 g



Chives
7 g | 7 g



White Cheddar Cheese, shredded
½ cup | 1 cup



Cream
56 ml | 113 ml

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

*2 Double | Bacon

- Heat a large pot over medium heat.
- While the pot heats, cut **bacon** into ¼-inch pieces.
- When hot, add **bacon** to the dry pot. Cook, stirring occasionally, until crispy, 5-7 min.**
- Remove the pot from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate, reserving **fat** in the pot.

2



Prep

- Meanwhile, on a clean cutting board, peel, then cut **potato** into ½-inch pieces.
- Cut **cauliflower** into ½-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

3



Roast cauliflower

- Add **cauliflower** to an unlined baking sheet.
- When **bacon** is done, add **half the reserved bacon fat** to the baking sheet with **cauliflower**, reserving **remaining bacon fat** in the pot.
- Season **cauliflower** with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven, flipping halfway through, until tender and golden-brown, 14-16 min.

4



Start chowder

- Meanwhile, heat the pot with **reserved bacon fat** over medium.
- When hot, add **onions**. Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **potatoes**, **stock powder** and **1 ½ cups** (3 cups) **water**. Season with **salt** and **pepper**, to taste.
- Bring to a simmer over high. Once simmering, reduce heat to medium.
- Cover and cook, stirring occasionally, until **potatoes** are fork-tender, 10-12 min.

5



Finish chowder

- Remove the pot from heat.
- Add **half the roasted cauliflower**. Carefully mash until **chowder** is mostly smooth or reaches desired consistency. (**TIP**: If you have an immersion blender, use it instead of a masher.)
- Add **cheese**, **cream** and **remaining cauliflower**. Return the pot to high.
- Cook, stirring often, until **cheese** melts and **chowder** thickens slightly, 2-3 min. (**TIP**: If chowder is too thick, add water, ¼ cup at a time, until it reaches desired consistency.)
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **chowder** between bowls. Top with **bacon**.
- Sprinkle **chives** and **seed blend** over top.

1 | Cook bacon

*2 Double | Bacon

If you've opted for **double bacon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of bacon**.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.