



# Chicken and Corn Chowder

with Green Onions

Spicy

30 Minutes



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Chicken Tenders



Chicken Breasts



Russet Potato



Corn Kernels



Garlic, cloves



Chicken Broth Concentrate



Green Onion



Zesty Garlic Blend



Cream Sauce Spice Blend



Jalapeño

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### HELLO JALAPEÑOS

*This medium-sized chili pepper provides a boost of flavour and a mild spice kick!*

## Start here

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

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

### Heat Guide for Step 4:

- Mild: **½ tbsp** (1 tbsp)
- Medium: **1 tbsp** (2 tbsp)
- Spicy: **1 ½ tbsp** (3 tbsp)
- Extra-spicy: **2 tbsp** (4 tbsp)

## Bust out

Baking sheet, vegetable peeler, measuring spoons, parchment paper, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Chicken Breasts *	2	4
Russet Potato	460 g	920 g
Corn Kernels	113 g	227 g
Garlic, cloves	1	2
Chicken Broth Concentrate	1	2
Green Onion	1	2
Zesty Garlic Blend	½ tbsp	1 tbsp
Cream Sauce Spice Blend	2 tbsp	4 tbsp
Jalapeño 🌶️	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	½ cup	1 cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

## 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.*



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### Prep and roast potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

4



### Start chowder

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **chicken**. Cook, stirring occasionally, until **chicken** is golden-brown, 2-3 min. (**NOTE:** Chicken will finish cooking in step 5.)
- Add **corn**, **garlic**, **Cream Sauce Spice Blend** and **1 tbsp** (2 tbsp) **jalapeños**. (**NOTE:** Reference heat guide.)
- Stir until **chicken** and **corn** are coated with **spice blend**, 30 sec.

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### Prep

- Meanwhile, thinly slice **green onion**.
- Peel, then mince or grate **garlic**.
- Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)

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### Finish chowder

- Add **1 ½ cups** (2 ½ cups) **water**, **½ cup** (1 cup) **milk** and **broth concentrate**. Bring to a gentle boil.
- Once boiling, reduce to medium-low. Cook, stirring occasionally, until **broth** thickens slightly and **chicken** is cooked through, 5-7 min.\*\* (**TIP:** If potatoes are not ready yet, remove chowder from heat, then cover to keep warm.)
- When **potatoes** are tender, add to the pot with **chowder**.
- Season with **salt** and **pepper**, to taste, then stir to combine.

3



### Prep and season chicken

- Pat **chicken** dry with paper towels, then place on another cutting board.
- Cut into 1-inch pieces. Season with **remaining Zesty Garlic Blend** and **pepper**.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.

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### Finish and serve

- Divide **chicken and corn chowder** between bowls.
- Sprinkle **green onions** and **any remaining jalapeños** over top, if desired.

## Dinner Solved!