



# Chicken and Corn Chowder with Green Onions

Spicy

30 Minutes

↗ Custom Recipe

+ Add

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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](https://www.hellofresh.ca)

↻ Swap



Chicken Breasts  
2 | 4

↻ Swap



Beyond Meat®  
2 | 4



Chicken Tenders  
310 g | 620 g



Russet Potato  
2 | 4



Corn Kernels  
113 g | 227 g



Garlic, cloves  
1 | 2



Chicken Broth Concentrate  
1 | 2



Green Onion  
1 | 2



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Cream Sauce Spice Blend  
2 tbsp | 4 tbsp



Jalapeño  
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



### Prep and roast potatoes

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

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

2



### 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!)

3



### Prep and season chicken

Swap | **Chicken Breasts**

Swap | **Beyond Meat®**

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

### 3 | Prep and season chicken breasts

Swap | **Chicken Breasts**

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

4



### Start chowder

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil** and 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.)
- Reduce heat to medium, then add **corn**, **garlic**, **Zesty Garlic Blend**, **Cream Sauce Spice Blend** and 1 **tbsp** (2 **tbsp**) **jalapeños**. (**NOTE:** Reference heat guide.)
- Stir until **chicken** and **corn** are coated with **seasonings**, 30 sec.

5



### Finish chowder

- Add 1 ½ **cups** (2 ½ **cups**) **water** and **broth concentrate**. Bring to a gentle boil.
- Once boiling, reduce to medium-low, then add ½ **cup** (1 **cup**) **milk**.
- 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.

6



### Finish and serve

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

### 3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions for prepping your protein. Cook the **Beyond Meat®** the same way as the recipe instructs you to cook the **chicken**, breaking up **patties** into bite-sized pieces.\*\* Follow the rest of the recipe as written.

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

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



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