

# HELLO Chicken and Corn Chowder With Green Onions

with Green Onions

Optional Spice 30 Minutes

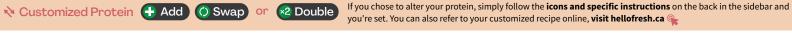


Breasts \*





Protein Shreds 200 g | 400 g











310 g | 620 g





Corn Kernels



Garlic, cloves

1 | 2

113 g | 227 g



Chicken Broth Concentrate



Green Onion

1 | 2

1 | 2



Zesty Garlic Blend 1 tbsp | 2 tbsp



Cream Sauce Spice Blend 2 tbsp | 4 tbsp





Allengens 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. Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, parchment paper, measuring cups, large pot, paper towels



## 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.



## 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!)



## Prep and season chicken

#### 🗘 Swap | Chicken Breasts

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



## 4 | Cook protein shreds

the chicken tenders.

Measurements

within steps

breasts

1 tbsp

3 | Prep and season chicken

O Swap | Chicken Breasts If you've opted to get chicken breasts, prepare, cook and plate them in the same way

the recipe instructs you to prepare and cook

(2 tbsp)

oil

#### Swap | Protein Shreds

If you've opted to get **protein shreds**, skip the instructions to prep and season. Heat a large pot over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil and 1 tbsp (2 tbsp) butter, then **protein shreds**. Cook, flipping once or twice, until cooked through, 6-8 min.\*\* Follow the rest of the recipe as written.



#### Start chowder

#### O Swap | Protein Shreds

- Heat a large pot over medium-high heat.
- When the pot is hot, add 1/2 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. 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. 30 sec.



### 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 chowder.
- Season with salt and pepper, then stir to combine.



#### Finish and serve

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



- 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 protein shreds to a minimum internal temperature of 74°C/165°F, as size may vary.