





Chicken and Corn Chowder with Green Onions

Optional Spice 30 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](https://www.hellofresh.ca)



↻ Swap  Chicken Breasts* 2 4	↻ Swap  Plant-Based Protein Shreds 200 g 400 g
---	---

 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.

Pantry items | Unsalted butter, oil, salt, pepper, milk

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

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**

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

4



Start chowder

🔄 Swap | **Protein Shreds**

- Heat a large pot over medium-high heat.
- When the pot is 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. 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.

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 **chowder**.
- Season with **salt** and **pepper**, 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.

Measurements
within steps

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

3 | Prep and season chicken breasts

🔄 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 the **chicken tenders**.

4 | Cook protein shreds

🔄 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 ½ **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.

* 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.



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