



Carb Smart Creamy Bacon-Cauliflower Chowder with Cheddar Cheese and Chives

Carb Smart

35 Minutes



Bacon Strips



Cauliflower, florets



Russet Potato



Chicken Broth Concentrate



Garlic Puree



Yellow Onion



Seed Blend



Chives



White Cheddar Cheese, shredded



Cream

HELLO SEED BLEND

A combo of pepitas and sunflower seeds for extra crunch and nuttiness!

Start here

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

Bust out

Baking sheet, vegetable peeler, potato masher, slotted spoon, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Cauliflower, florets	285 g	570 g
Russet Potato	230 g	460 g
Chicken Broth Concentrate	2	4
Garlic Puree	1 tbsp	2 tbsp
Yellow Onion	113 g	226 g
Seed Blend	28 g	56 g
Chives	7 g	7 g
White Cheddar Cheese, shredded	½ cup	1 cup
Cream	56 ml	113 ml

Salt and Pepper*

* Pantry items

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

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.

Contact

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1



Cook bacon

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

4



Start chowder

Meanwhile, heat the pot with **reserved bacon fat** over medium. When hot, add **onions**. Cook, stirring occasionally, until **onions** soften slightly, 1-2 min. Add **potatoes, garlic puree, broth concentrates** and **1 ½ cups water** (dbl for 4 ppl). 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.

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**.

5



Finish chowder

Remove the pot from heat. Add **half the cauliflower**. Carefully mash until **chowder** is mostly smooth or reaches desired consistency. 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.

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.

6



Finish and serve

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

Dinner Solved!