



Carb Smart Creamy Bacon-Cauliflower Chowder

with Cheddar Cheese and Chives

Carb Smart

35 Minutes



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Bacon Strips



Cauliflower, florets



Russet Potato



Chicken Stock
Powder



Garlic, cloves



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 Stock Powder	1 tbsp	2 tbsp
Garlic, cloves	2	4
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 **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **potatoes, stock powder** 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**.
- Peel, then mince or grate **garlic**.

5



Finish chowder

- Remove the pot from heat.
- Add **half the cauliflower**. Carefully mash until **chowder** is mostly smooth or reaches desired consistency. (TIP: If you have an immersion blender, use it instead of a masher.)
- 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. Top with **bacon**.
- Sprinkle **chives** and **seed blend** over top.

Dinner Solved!