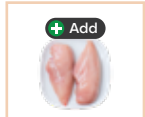




# Carb Smart Creamy Bacon-Cauliflower Chowder

with Cheddar Cheese and Chives

Smart Meal 30 Minutes



Chicken Breasts  
2 | 4

↗ Custom Recipe **+ 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](http://www.hellofresh.ca)



- Bacon Strips  
100 g | 200 g
- Cauliflower, florets  
285 g | 570 g
- Russet Potato  
1 | 2
- Chicken Stock Powder  
1 tbsp | 2 tbsp
- Garlic, cloves  
2 | 4
- Yellow Onion  
1 | 2
- Seed Blend  
28 g | 56 g
- Chives  
7 g | 7 g
- White Cheddar Cheese, shredded  
½ cup | 1 cup
- Cream  
56 ml | 113 ml

**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



### Cook bacon

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat a large pot over medium heat.
- While the pot heats, cut **bacon** into ¼-inch pieces.
- When hot, add **bacon** to the dry pot. Cook, stirring occasionally, until 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.

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**.

3



### Roast cauliflower

#### + Add | Chicken Breasts

- Add **cauliflower** to an unlined baking sheet.
- When **bacon** is done, add **half the reserved bacon fat** to the baking sheet with **cauliflower**. Reserve **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.

4



### Start chowder

- Meanwhile, reheat the pot with **reserved bacon fat** over medium.
- When the pot is hot, add **onions**. Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **potatoes, stock powder** and **1 ½ cups** (3 cups) **water**. 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.

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.

6



### Finish and serve

#### + Add | Chicken Breasts

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

Measurements  
within steps

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

3 | Cook chicken

#### + Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels while **cauliflower** cooks. Season **chicken** with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Transfer to a plate and cover to keep warm.

6 | Finish and serve

#### + Add | Chicken Breasts

Thinly slice **chicken**. Top final bowls with **chicken**.



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

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

\*\* Cook bacon and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.