



# Chicken and Corn Chowder with Green Onions

Family Friendly

Optional Spice

25-35 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 Breast  
2 | 4

Swap



Tofu  
1 | 2



Diced Chicken Breast  
310 g | 620 g



Russet Potato  
2 | 4



Corn Kernels  
113 g | 227 g



Garlic, cloves  
1 | 2



Chicken Broth Concentrate  
2 | 4



Green Onion  
2 | 4



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.

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 onions**.
- 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

Swap | Tofu

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

### 3 | Prep and season chicken breasts

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cut into 1-inch pieces, then cook them in the same way the recipe instructs you to cook the **diced chicken**.

4



### Start chowder

- 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 concentrates**. Bring to a gentle boil.
- Once boiling, reduce to medium-low, then add ½ **cup** (1 cup) **milk**.
- Cook, stirring occasionally, until **chowder** 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.

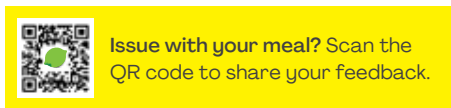
### 3 | Prep and season tofu

Swap | Tofu

If you've opted to get **tofu**, cut into 1-inch pieces, then cook them in the same way the recipe instructs you to cook the **diced chicken**.

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

\*\* Cook 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.