







Chicken and Corn Chowder with Green Onions






Family Friendly 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)

 	 
Chicken Breast 2 4	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.

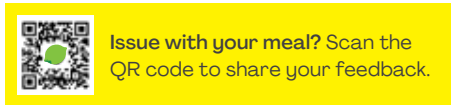
3 | Prep and season tofu

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.