



Spider Web Bacon and Veg Soup

with warm baguette and creme fraiche

40 – 45 mins • Equipment needed

24



Bacon Lardons



Sweet Potato



Bell Pepper



Onion



Garlic



Creme Fraiche



Baguette



Carrot



Hello Muscat



Paprika



Stock



Maple Syrup

Pantry Items: Salt, Butter, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, blender, pot with lid

Ingredients

	2P	4P
Bacon Lardons	100 g	200 g
Sweet Potato	1 unit	2 units
Bell Pepper	2 units	4 units
Onion	1 unit	2 units
Garlic	2 units	4 units
Creme Fraiche	65 g	110 g
Baguette	2 units	4 units
Carrot	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Paprika	2 sachets	4 sachets
Stock	1 sachet	2 sachets
Maple Syrup	15 g	30 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	670.8 g	100 g
Energy (kJ/kcal)	3322.1 kJ/ 794 kcal	495.2 kJ/ 118.4 kcal
Fat (g)	22.8 g	3.4 g
Sat. Fat (g)	10 g	1.5 g
Carbohydrate (g)	124.9 g	18.6 g
Sugars (g)	31.3 g	4.7 g
Protein (g)	28.7 g	4.3 g
Salt (g)	7.4 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

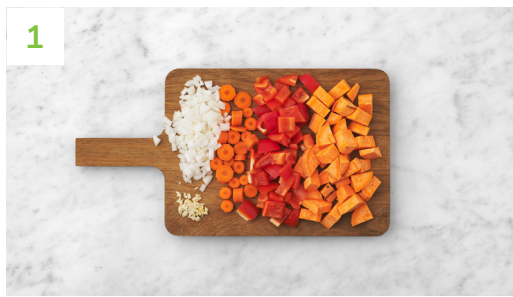
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into small pieces.
- Halve the **pepper** and discard the core and seeds.
- Chop the **sweet potato** and **carrot** into 1cm chunks.



Blend the Soup

- Once the soup is cooked, add **half** the **creme fraiche** and blend until smooth and creamy.
- Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if you feel the soup is too thick.



Fry the Lardons

- Place a pot over high heat with a drizzle of **oil**.
- Once the **oil** is hot, fry the **bacon lardons** until golden, 3-5 mins, stirring regularly. **IMPORTANT:** Wash hands and equipment after handling raw meat. Cook lardons thoroughly.
- Remove the **lardons** from the pot.
- Drizzle with **maple syrup** and toss to coat.



Warm the Baguette

- Just before serving, pop the **baguettes** into the oven to warm through, 2-3 mins.



Cook the Veg

- Return the pot to medium-high heat with a knob of **butter**.
- When melted, add the **onion**, **pepper**, **garlic** and **paprika** to the pot and fry until softened stirring occasionally, 4-5 mins.
- Add the **sweet potato**, **carrot**, **stock**, **muscat**, ½ tsp **salt** (per 2P) and 500ml **water** (per 2P).
- Bring to a boil then cover and lower heat to medium.
- Cover and simmer until **sweet potato** and **carrot** are fork tender, 15-20 mins.



Dish Up

- Divide the **soup** between bowls.
- Add the remaining **creme fraiche** on top.
- For a spooky presentation, drizzle the **creme fraiche** in concentric circles on the **soup**. Drag a sorcerer's wand (or toothpick) from the centre to the ends, to create a spider's web.
- Top with glazed **bacon lardons** on the outer side of the spider web.
- Serve with the warm **baguette** on the side for dipping.

Enjoy!