

**Product Spotlight:  
Sweet Corn**

Corn falls into two food categories!  
Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!



# Creamy Chicken Chowder

## with Smoky Corn

A comforting bowl of soup cooked with pulled poached chicken, potato and celery, sprinkled with smoky charred corn and fresh dill fronds, and served with seeded dinner rolls from Abhi's Bread.



30 minutes



2 servings



Chicken

23 June 2023

## Change the veg!

*Add some diced sweet potato, sliced mushrooms or frozen peas to this chowder for extra vegetables!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 43g     | 30g       | 74g           |

## FROM YOUR BOX

|                     |              |
|---------------------|--------------|
| BROWN ONION         | 1            |
| CELERY STICKS       | 2            |
| MEDIUM POTATOES     | 2            |
| CREAM CHEESE        | 1 tub (140g) |
| CHICKEN SCHNITZELS  | 300g         |
| CORN COB            | 1            |
| SEEDED DINNER ROLLS | 2-pack       |
| DILL                | 1 packet     |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried thyme (see notes), plain flour, 1 chicken stock cube

## KEY UTENSILS

frypan, large saucepan

## NOTES

You can use dried tarragon or dried oregano instead of thyme.

**No gluten option** - seeded dinner rolls are replaced with GF bread.



Scan the QR code to  
submit a Google review!



### 1. SAUTÉ THE VEGETABLES

Set oven to 200°C (optional for step 4).

Heat a large saucepan over medium-low heat with **oil**. Dice onion, celery and potatoes (1cm). Add all to pan as you go.



### 2. SIMMER THE SOUP

Stir in **1 tsp thyme**, **1 crumbled stock cube** and **1 tbsp flour** until vegetables are coated. Stir in cream cheese and **600ml water** until combined. Add chicken schnitzels, cover and bring to a boil. Simmer, semi-covered, for 10 minutes (continue at step 5).



### 3. CHAR THE CORN

Meanwhile, remove corn from cob. Add to a frypan over medium-high heat with **1 tsp paprika**, **1 1/2 tbsp oil**, **salt and pepper**. Cook for 3–5 minutes until slightly charred.



### 4. WARM THE ROLLS (OPTIONAL)

Place dinner rolls in oven to toast for 5 minutes.



### 5. SHRED THE CHICKEN

Remove chicken from soup and keep pan simmering until potatoes are cooked through. Shred or slice the chicken and return to soup. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide chowder among shallow bowls. Top with corn and smoked paprika oil from pan. Garnish with chopped dill and serve with dinner rolls.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

