

**Product Spotlight:
Corn Cobs**

Did you know? Every strand of corn silk is connected to a single kernel on the cob. That means one cob can have hundreds of individual silk strands!



Smoky Chicken and Corn Chowder

A warming bowl of creamy potato chowder with pops of sweet corn and shredded chicken, topped with a fresh capsicum and spring onion mix and served with warm toasted rolls and spring onion butter.



30 minutes



2 servings



Chicken

Switch it up!

You can leave out the smoked paprika and thyme. Use sesame oil, ginger and soy sauce to create an Asian-style broth instead!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	5g	69g

FROM YOUR BOX

BROWN ONION	1
MEDIUM POTATOES	3
CORN COBS	2
SPRING ONIONS	1 bunch
CHICKEN STOCK PASTE	1 jar
RED CAPSICUM	1
SEEDED ROLLS	2-pack
COOKED CHICKEN BREAST	1 packet

FROM YOUR PANTRY

butter, olive oil, salt, pepper, dried thyme, smoked paprika

KEY UTENSILS

large saucepan with lid, stick mixer or blender

NOTES

To quickly soften butter, you can place it in a heatproof bowl close to the saucepan, or grate it.

No gluten option – seeded rolls are replaced with gluten-free long rolls.



1. SAUTÉ THE VEGETABLES

Set **20g butter** aside to soften (see notes).

Set oven to 200°C. Heat a large saucepan over medium-high heat with **olive oil**. Dice **onion** and **potatoes** (2cm). Remove **corn kernels** from cobs and slice **white ends** of the **spring onions** (reserve remaining). Add



4. WARM THE ROLLS

Halve the **rolls** and warm in the oven for 5 minutes until toasted.



2. SIMMER THE SOUP

Add **1 tsp dried thyme**, **1 tsp smoked paprika** and **1/2 jar chicken stock paste**.

Stir in **3 cups water**. Cover, bring to a boil and simmer for 15 minutes or until **potatoes** are tender.



5. FINISH THE SOUP

Use a stick mixer or blender to blend the **soup** halfway, to reach a semi-smooth consistency. Shred the **chicken** and stir through. Season with **salt and pepper** to taste.



3. PREPARE THE TOPPINGS

Dice **capsicum** and thinly slice **green spring onion tops**.

Combine **capsicum** with **1–2 tbsp spring onion tops** and set aside.

Combine another **1–2 tbsp spring onion tops** with **softened butter**.



6. FINISH AND SERVE

Divide **soup** among bowls and top with **capsicum mixture**. Serve with **rolls** and **spring onion butter**.



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