




Product Spotlight: Nutritional Yeast


Nutritional yeast is a deactivated yeast and a rich source of B complex vitamins. It is a great cheese substitute and for adding adding a savoury, salty flavour to recipes.




New England Chowder

A creamy plant-based chowder packed with potatoes, carrots, celery and onion simmered in a rich coconut, cashew and nutritional yeast broth, finished with fragrant thyme and crunchy snacking seeds.

 35 minutes

 Plant-Based

 2 servings

Bulk it up!

You can add legumes such as cannellini beans or butter beans, either blended into the cream, or simmered in the broth, or top with crispy roasted chickpeas. Or serve with toasted bread, or garlic bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	34g	48g

FROM YOUR BOX

SOUR CREAM MIX	50g
COCONUT MILK	400ml
MEDIUM POTATOES	3
CARROT	1
BROWN ONION	1
CELERY STICK	1
GARLIC CLOVE	1
THYME	1 packet
SNACKING SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube

KEY UTENSILS

2 saucepans, stick mixer

NOTES

Add a pinch of smoked paprika or chilli flakes when sautéing the vegetables for gentle heat and depth.

Stir in frozen corn kernels or peas at step 4 for extra sweetness and colour.

Sour cream mix: nutritional yeast, raw cashews



1. MAKE THE CREAM

Add **sour cream mix**, **coconut milk** and **500ml water** to a saucepan. Cover and bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat and use a stick mixer to blend until smooth and creamy.



2. PREPARE THE INGREDIENTS

Dice **potato**, **carrot** and **onion**, slice **celery** and crush **garlic cloves**.



3. SAUTÉ THE INGREDIENTS

Heat a large saucepan over medium-high heat with **oil**. Add **onion**, **carrot**, **celery**, **garlic** and **3/4 packet thyme** (reserve remaining for garnish). Sauté for for 5 minutes or until **vegetables** begin to soften (see notes).



4. SIMMER THE CHOWDER

Add **potatoes**, **prepared cream** and a **crumbled stock cube** to the **vegetables**. Cover and bring to a boil. Reduce to a simmer and cook for 20 minutes until **potatoes** are tender (see notes). Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Ladle **chowder** into bowls. Drizzle each bowl with **1 tbsp olive oil**. Top with **snacking seeds** and garnish with **reserved thyme**.



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