



Product Spotlight: Potatoes

One medium potato contains 45% of your daily value of vitamin C which can assist in stabilising free radicals thus helping prevent cell damage.



4 Summer Corn Chowder

A cashew cream chowder with sweet corn, potato and zucchini. This chowder is light, slightly smokey and satisfying!

 30 minutes

 2 servings

 Plant-Based

15 February 2021

Spice it up!

You can add fresh dill or parsley to garnish this chowder. For extra protein you can add some cannellini beans or red lentils.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	30g	65g

FROM YOUR BOX

NUTRITIONAL YEAST/CASHEW MIX	1 packet
TAHINI	1 tbsp *
BABY POTATOES	400g
TOMATO	1
ZUCCHINI	1
SPRING ONIONS	2
OREGANO	1 packet
VEGETABLE STOCK PASTE	1 jar
RED CAPSICUM	1/2 *
CORN COB	1
SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, smoked paprika, flour (of choice)

KEY UTENSILS

large frypan or saucepan with lid, stick mixer or blender

NOTES

You can add the capsicum and corn to the chowder if preferred.



1. SOAK THE CASHEW MIX

Combine nutritional yeast/cashew mix, tahini and **1/2 cup water** in a bowl. Leave to soak for 15 minutes (see step 5).



2. SAUTÉ THE VEGETABLES

Heat a large frypan or saucepan over low heat with **1 tbsp oil**. Dice potatoes, tomato and zucchini. Slice spring onions. Add to pan as you go along with oregano leaves.



3. SIMMER THE CHOWDER

Stir in stock paste, **1 tbsp flour** and **1 tsp smoked paprika**. Pour in **1L water** and increase heat to medium-high. Cover with lid and simmer for 20 minutes or until potatoes are tender.



4. PREPARE THE TOPPING

Dice capsicum and remove corn from cob (see notes). Toss with **1 tsp vinegar** and **2 tsp olive oil**. Set aside with sprouts.



5. BLEND THE CASHEWS

Use a stick mixer or blender to blend the soaked cashews until smooth. Take chowder off heat and stir the cashew mix through. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide chowder among bowls. Top with fresh capsicum and corn topping. Garnish with sprouts.

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

