



### 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 Fish Chowder with Smoky Corn

A comforting bowl of soup cooked with white fish pieces, 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



Fish

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
	34g	29g	61g

## FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
MEDIUM POTATOES	2
CREAM CHEESE	1 tub (140g)
CORN COB	1
SEEDED DINNER ROLLS	2-pack
WHITE FISH FILLETS	1 packet
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

large frypan, 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**, **crumbled stock cube** and **1 tbsp flour** until vegetables are coated. Stir in cream cheese and **600ml water** until combined. Cover and bring to a boil. Simmer, semi covered, for 12 minutes until potatoes are tender (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. ADD THE FISH

Cut fish fillets into smaller pieces. Add to soup and simmer uncovered for 2–3 minutes or until fish is cooked. Season to taste with **salt** and **pepper**.



### 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**

