



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

 4 servings

 Fish

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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
	31g	16g	57g

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
MEDIUM POTATOES	500g
CREAM CHEESE	1 tub (140g)
CORN COBS	2
SEEDED DINNER ROLLS	4-pack
WHITE FISH FILLETS	2 packets
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried thyme (see notes), plain flour, 2 chicken stock cubes

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.



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 **2 tsp thyme**, **2 crumbled stock cubes** and **2 tbsp flour** until vegetables are coated. Stir in cream cheese and **1L 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 cobs. Add to a frypan over medium-high heat with **2 tsp paprika**, **3 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.



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