



Creamy Chicken Chowder

A cosy, family-style chowder made with tender poached chicken, sweet corn, potatoes, lightly spiced and simmered in a coconut milk broth.



35 minutes



2 servings



Chicken

FROM YOUR BOX

SPRING ONIONS	1 bunch
CARROT	1
BABY POTATOES	400g
CORN COB	1
CHICKEN SCHNITZELS	300g
COCONUT MILK	165ml

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder, chicken stock cube, flour (of choice)

NOTES

Switch up the dish and roast the vegetables instead. Add capsicum, tomatoes or zucchini for bulk. Pan fry the chicken schnitzels and serve on the side.

1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with **olive oil**. Slice **spring onions**, dice **carrots**, quarter **potatoes** and remove kernels from **corn**. Sauté with **1/2–1 tbsp curry powder** for 2–3 minutes until fragrant (see tip).

TIP *For a milder flavour you can use a blend of ground cumin, coriander and turmeric to flavour the soup. For a less exotic flavour, try ground sweet paprika or a dried herb.*

2. SIMMER THE SOUP

Stir in **crumbled stock cube** and **1/2 tbsp flour**. Add **1L water**, bring to a boil and simmer for 15 minutes or until potatoes are tender.

TIP *You can use stock paste or liquid stock instead of a stock cube.*

3. POACH THE CHICKEN

Add **chicken schnitzels** to pan, poach for 3–5 minutes. Remove, shred with 2 forks. Return to pot with **coconut milk**, stir to combine. Season with **salt** and **pepper** to taste.

TIP *If using herbs or paprika instead of curry powder, you can swap coconut milk for milk or cream.*

4. FINISH AND SERVE

Divide chowder into bowls to serve.

TIP *Garnish the chowder with sliced chives, chopped parsley or coriander. Serve with crusty bread if desired.*

This recipe has simplified instructions to help lower your meal cost.