



# Smoky Corn Chowder

A comforting potato chowder featuring smoky charred corn, topped with sweet capsicum and finished with a dollop of lime cream.



35 minutes



2 servings



Vegetarian

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	11g	12g	58g

## FROM YOUR BOX

CORN COBS	2
BROWN ONION	1
MEDIUM POTATOES	2
STOCK PASTE	1 jar
RED CAPSICUM	1
GREEN CHILLI	1
CORIANDER	1 packet
SOUR CREAM	1 tub
LIME	1

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika

## NOTES

You can add some tinned beans for extra protein. Serve with a side of crusty bread for a more filling meal.

## 1. CHAR THE CORN

Heat a saucepan over medium-high heat with **oil**. Remove **corn kernels** from cob and add to pan. Cook for 5 minutes until charred, remove from pan and set aside.

## 2. SIMMER THE SOUP

Dice **onion** and **potatoes** (1cm). Reheat pan over medium heat with **oil**. Add vegetables and cook for 5 minutes. Stir in **1/2 tsp smoked paprika**, **stock paste**, and **3 cups water**. Bring to a simmer and cook for 15–20 minutes until potatoes are tender.

**TIP** *Add a pinch of cumin or dried oregano for extra depth of flavour. We added 1 tsp cumin and 1 tsp ground coriander.*

## 3. PREPARE THE TOPPINGS

Dice **capsicum** and slice **chilli**. Chop **coriander**. In a small bowl, combine **sour cream** with **zest of 1/2 lime**.

**TIP** *For added texture, crush tortilla chips or toast pepita seeds for a topping.*

## 4. FINISH AND SERVE

Return charred corn to the soup. Using a stick mixer, blend the soup halfway to keep some texture. Squeeze in 1/2 lime juice (wedge remaining). Season with **salt and pepper**. Ladle into bowls. Top with prepared toppings and serve with lime wedges.

**TIP** *Stir in a splash of milk for extra creaminess. Blending the soup is optional and will give a thicker consistency.*

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