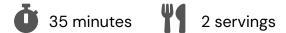






# **Smoky Corn Chowder**

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







#### 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.



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.



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.