



## Broccoli and Corn Chowder

with Green Chilli



30-40min



4 Portions

Chowder, a creamy soup originating from England and later brought to America by English immigrants, is traditionally thickened with cream, milk or a roux, but we've toned down the richness of the original recipe, re-creating that sumptuous velvety texture by blending potatoes and cashews with milk. A hint of chilli and fennel spice things up, while a dollop of yoghurt adds a fresh touch.



## What we send

- Greek-style yoghurt <sup>7</sup>
- 3 garlic cloves, chives and 1 green chilli
- corn kernels
- cashew nuts <sup>15</sup>
- desiree potatoes
- broccoli
- fennel and coriander mix
- onion
- vegetable stock

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- butter <sup>7</sup>
- milk <sup>7</sup>
- olive oil
- plain flour <sup>1</sup>
- sea salt and pepper
- water

## Utensils

- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

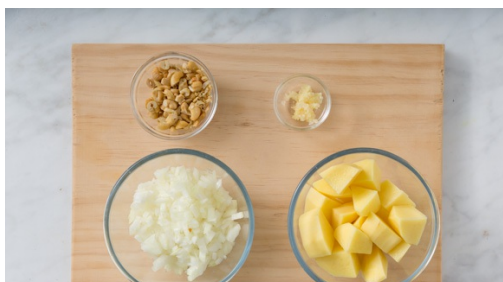
Cashews are packed full of vitamins, minerals and antioxidants. They're also great for thickening soup or sauce when blended well.

## Allergens

Gluten (1), Milk (7), Tree Nuts (15).  
May contain traces of other allergens.

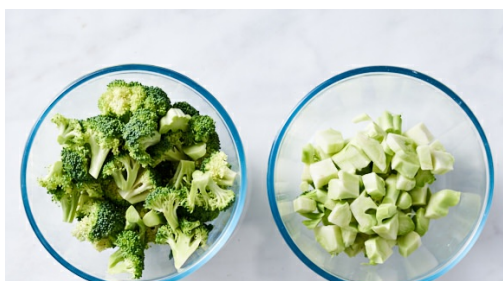
## Nutrition per serving

Energy 560.0kcal, Fat 24.3g, Proteins 19.3g, Carbs 59.8g



### 1. Prepare ingredients

Finely chop the **onion**, **garlic** and **cashew nuts**. Peel and cut the **potatoes** into 3cm chunks. Crumble the **vegetable stock cubes** into the **boiling water** (see staples list) and stir to combine.



### 4. Prepare broccoli

While the potatoes are cooking, cut the **broccoli** into small florets. Trim and thinly slice the stem into 1cm pieces.



### 2. Start chowder

Heat the **oil** and **butter** in a large saucepan over medium heat. Cook the **onion** and **garlic**, stirring for 3-5 mins until softened. Add the **spice blend** (use half for 2P\*\* see cooking tip) and the **flour**, and cook for 1 min, stirring constantly.



### 5. Add broccoli and corn

Finely chop the **chives** and thinly slice the **green chilli**, removing the seeds if less heat is desired. Stir in the **broccoli** and **corn**, then simmer for a further 5 mins or until broccoli is tender. Season to taste with **salt and pepper**.



### 3. Cook potatoes

Stir in the **potatoes**, **vegetable stock**, **cashew nuts** and **milk**. Season with **salt and pepper**. Simmer, partially covered, for 15 mins or until the **potatoes** are tender. Using a stick blender, blend the mixture until smooth.



### 6. Finish chowder

Ladle one-quarter of the **cooked broccoli and corn** into a heatproof jug or bowl. Using a stick blender, blend until almost smooth, then return to the chowder and stir well to combine. Divide the chowder among bowls and scatter with the **chives** and **green chilli**. Top with the **yoghurt** to serve.