



Healthy Salmon Chowder

with Zucchini and Dill



20-30min



2 Portions

We do without the butter and cream for this fish chowder, thickening the soup instead with a little flour and puréed potatoes and peas for a smooth velvety texture and vibrant green colour to mark the arrival of the spring season.

What we send

- green peas
- spring onion, dill
- desiree potatoes, zucchini
- skinless salmon fillet ⁴
- vegetable stock cubes

What you'll require

- milk ⁷
- olive oil
- plain flour ¹
- sea salt and pepper
- water

Utensils

- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 580kcal, Fat 19.2g, Carbs 60.0g, Proteins 35.1g



1. Prepare ingredients

Thinly slice the **spring onion**. Peel and cut the **potatoes** into 2cm pieces.



2. Cook spring onion

Heat the **oil** in a medium saucepan over medium heat. Add the **spring onion** and cook, stirring occasionally, for 3 mins or until softened but not coloured. Stir in the **potatoes** and the **flour**.



3. Add stock

Add the **water** (see pantry staples), and crumble over the **stock cubes**. Bring to the boil. Reduce heat to medium-low, cover with a lid and simmer for 10 mins or until potatoes are almost tender.



4. Prepare salmon

Meanwhile, cut the **salmon** into 3cm pieces.



5. Cut zucchini

Trim the **zucchini**. Halve lengthwise, then thinly slice. Finely chop the **dill** including the stems, keeping the fronds and stems separate.



6. Get ready to serve

Add the **dill stems** and **half the peas**, and cook for 1 min. Remove from heat and process with a stick blender until smooth. Return to heat and add **zucchini** and **salmon**, and simmer for 2 mins. Add the **remaining peas, milk** and **most of the dill**, and simmer for a further 1 min. Season with **salt and pepper**. Divide among bowls. Scatter with **remaining dill** to serve.