

DINNERLY



Chicken and Corn Chowder with Spring Onion

 20-30 minutes  2 Servings

Made with milk, stock and creamy potatoes, then laced with shredded chicken and sweet corn, this American winter classic is set to be a new favourite in the house.

WHAT WE SEND

- 220g desiree potato
- 150g corn kernels
- 8 flour wraps ^{1,6,7}
- free-range chicken breast fillet
- 1 carrot
- 1 spring onion
- 2 chicken-style stock cubes

WHAT YOU NEED

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

TOOLS

- large frypan

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

ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 510kcal, Fat 14.8g, Carbs 43.4g, Proteins 46.2g



1. Prep ingredients

Peel the **carrot** and **potato** and cut into 2cm chunks. Crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to combine.



2. Start cooking

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **carrot** and **potato**, stirring occasionally, for 2-3 mins until lightly browned. Sprinkle over **2 tbs plain flour** and stir to coat. Gradually pour in the **stock** and **185ml (¾ cup) milk**, stirring, and bring to the boil.



3. Add chicken

Reduce the heat to low and add the **chicken breast**. Cover with a lid and cook for 15 mins or until the chicken is cooked through and the vegetables are tender.



4. Slice spring onion

Meanwhile, thinly slice the **spring onion**. Heat a large frypan over medium-high heat. Cook **2 wraps** (the remaining wraps won't be used in this dish), one at a time, for 30 secs each side until warmed though. Wrap in a clean tea towel or foil to keep warm.



5. Serve up

Remove the chicken from the soup, cool slightly, then shred. Meanwhile, add the **corn** to the soup and cook for 3-4 mins until warmed through. Return the **shredded chicken** to the soup, remove the pan from the heat and season with **salt and pepper**. Ladle the **chowder** into bowls, scatter over the **spring onion** and serve with the **wraps**.



6. Make it yours

Add a little fresh thyme with the carrots and potato for another flavour spin.