

# DINNERLY



## Chicken and Corn Chowder with Spring Onion

 20-30 minutes  4 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

- 8 flour wraps <sup>1,6,7</sup>
- 500g desiree potatoes
- 2 carrots
- free-range chicken breast fillet
- 4 chicken-style stock cubes
- 300g corn kernels
- 1 spring onion

## WHAT YOU NEED

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

## TOOLS

- large frypan

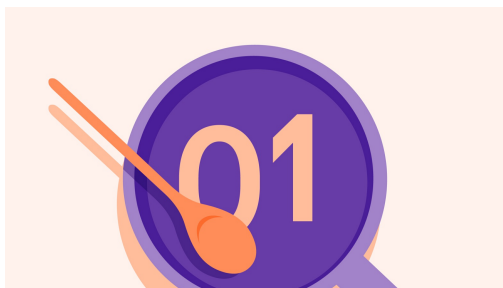
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 515kcal, Fat 14.8g, Carbs 44.5g, Proteins 46.4g



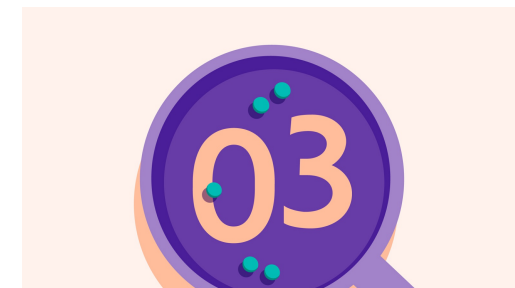
### 1. Prep ingredients

Peel the **carrots** and **potatoes** and cut into 2cm chunks. Crumble the **stock cubes** into a heatproof jug, add **1.5L (6 cups) boiling water** and stir to combine.



### 2. Start cooking

Heat **2 tbs olive oil** in a large saucepan over medium heat. Cook the **carrot** and **potato**, stirring occasionally, for 2-3 mins until lightly browned. Sprinkle over **50g (1/3 cup) plain flour** and stir to coat. Gradually pour in the **stock** and **375ml (1 1/2 cups) milk**, stirring, and bring to the boil.



### 3. Add chicken

Reduce the heat to low and add the **chicken breasts**. 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 **4 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.