



DINNERLY



FAST

LOW CALORIE

Spring Chicken Chowder with Potatoes, Peas & Carrots

 20-30min  2 Servings

It doesn't matter what age you are, this spring chicken chowder doesn't discriminate. The one-pot chowder, filled with springy vegetables and lots of chicken, complete with creamy broth, is sure to go down a treat at the dinner table. We've got you covered!

WHAT WE SEND

- cubed chicken thighs
- carrots
- red potatoes
- peas
- shallot
- chicken broth concentrate
- garlic

WHAT YOU NEED

- 1 cup milk ⁷
- all-purpose flour ¹
- kosher salt & ground pepper
- olive oil

TOOLS

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580.0kcal, Fat 19.0g, Proteins 40.0g, Carbs 62.0g



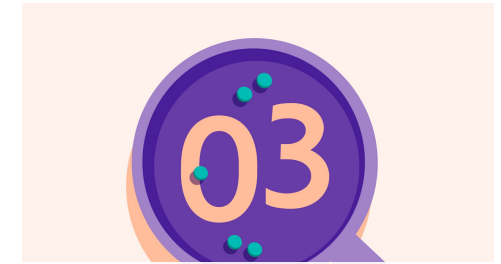
1. Prep ingredients

Scrub **carrots** and halve lengthwise, if large. Cut crosswise into ¼-inch half moons. Halve, peel, and finely chop **all of the shallot**. Scrub **potatoes** and cut into ½-inch pieces. Peel and finely chop **1 teaspoon garlic**. Pat **chicken** dry and cut into 1-inch pieces, if necessary. Season all over with **1 teaspoon salt** and **a several grinds of pepper**.



2. Brown chicken

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **chicken** and cook, without stirring, until well browned on one side, 3-5 minutes. Stir, then continue to cook until golden brown on other side, about 3 minutes more.



3. Add vegetables

Add **carrots** and **shallots** and cook, stirring occasionally, until shallots are just beginning to brown, 3–4 minutes. Stir in **garlic** and **1½ tablespoons flour** and cook, stirring up any browned bits, about 30 seconds.



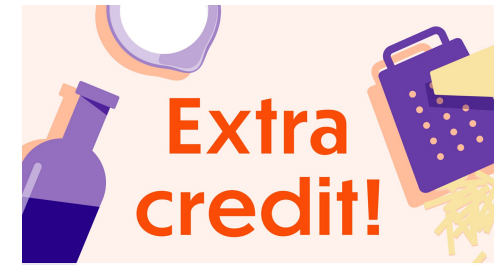
4. Build soup

Add **potatoes**, **2 cups water**, **chicken broth concentrate**, **½ teaspoon salt**, and **several grinds of pepper**. Cover and bring to a boil. Reduce heat to medium and simmer, partially covered, until **vegetables** are tender, 7–8 minutes.



5. Finish soup & serve

Add **peas** and **1 cup milk** to **chowder** and bring to a very gentle simmer. Season to taste with **salt** and **pepper** and ladle into bowls. Enjoy!



6. Crunch, crunch!

What better way to top a chowder than with oyster crackers or crumbled saltines?