

# Recipe of the Week



## Seafood Chowder

- 500g Marinara Mix
- 1 medium carrot—finely chopped
- 1 celery stick—finely chopped
- 3 potatoes—peeled & roughly chopped
- 4 cups (1 litre) chicken stock
- 2 corn cobs
- 200ml thickened cream
- 2 tbs chopped fresh chives
- 2 tbs chopped fresh parsley
- Sea Salt and Pepper to taste

Place carrot, celery, potatoes & stock in a large pan. Cover & bring to the boil. Reduce heat and simmer for 10 minutes or until veges are tender. Process the mixture until smooth and return to pan.

Cut kernels from the corn cobs and add to soup. Simmer until corn is tender (approx 10 mins)

Reduce heat and add marinara mix and cream. Stir without boiling for 3 minutes or until seafood is cooked and chowder is hot.  
Stir through chives and parsley.

Serve immediately with fresh crusty bread.