



Hake and Carrot Chowder

with warm dipping bread

Family 35-40 mins • Eat me first

4



Hake



Brioche Buns



Onion



Creme Fraiche



Vegetable Stock



Dried Thyme



Scallion



Potatoes



Carrot

Before you start

Our fruit, veg and herbs need a wash before you use them!

Ingredients

	2P	4P
Hake	250 g	500 g
Brioche Buns	2 units	4 units
Onion	1 unit	2 units
Crema Fraiche	62.5 g	125 g
Vegetable Stock	1 sachet	2 sachets
Dried Thyme	1 sachet	2 sachets
Scallion	1 unit	2 units
Potatoes	3 units	6 units
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	568.2 g	100 g
Energy (kJ/kcal)	2703.7 kJ/ 646.2 kcal	475.8 kJ/ 113.7 kcal
Fat (g)	20.3 g	3.6 g
Sat. Fat (g)	9.2 g	1.6 g
Carbohydrate (g)	83 g	14.6 g
Sugars (g)	15.2 g	2.7 g
Protein (g)	34.3 g	6 g
Salt (g)	1.7 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

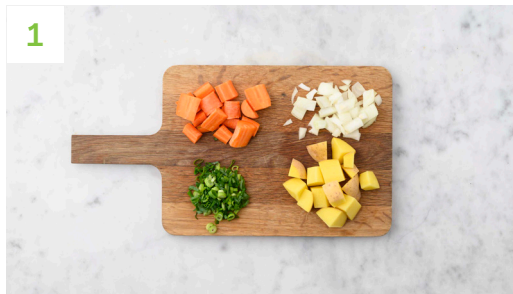
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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rate this recipe.



You can recycle me!



Prep the Veg

- Preheat your oven (for the **bricche buns**) to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Cut the **carrot** into 2cm chunks (peeling optional).
- Trim and thinly slice the **scallion**.

TIP: You can warm the buns in the toaster if you've got one.



Warm the Buns

- While the chowder simmers, pop the **bricche buns** into the oven (or toaster) to warm, 3-5 mins.



Soften the Onion

- Place a large pot (for the chowder) over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and season with **salt** and **pepper**.
- Cook the **onion** until softened, 4-6 mins, stirring occasionally.
- Sprinkle the **dried thyme** and 2 tbsp **flour** (double for 4p) over the **onion**.
- Cook for 1 min, stirring frequently.



Finishing Touches

- Stir **half the crema fraiche** (double for 4p) into the chowder.
- Season with **salt** and **pepper** to taste.
- Add more water, in small increments, until you get your desired thickness.
- Stir well and allow to warm through.



Simmer the Soup

- Add **carrots, potatoes, stock** and 450ml **water** (double for 4p) to the pot.
- Bring to a boil and simmer for 15-18 mins, or until **potatoes** are fork tender.
- Chop the **fish** into 4cm chunks. **IMPORTANT:** Wash your hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Add the **hake** to the pot and leave to simmer for 4-5 mins, until cooked through.



Serve and Enjoy

- Dish up a hearty helping of **hake** and **carrot** chowder.
- Top with the chopped **scallion**.
- Serve with the toasted **bricche** alongside.

Enjoy!