

SEAFOOD CHOWDER



Serves 4-6



Prep Time 15 minutes



Cook Time 20 minutes



INGREDIENTS

- 1 Tbsp butter
- 1 small onion, diced
- 1 Tbsp flour
- 2 cups milk or 1 cup milk and 1 cup liquid fish stock
- 2 medium potatoes, peeled and cut into 2cm cubes
- 1 carrot, peeled and cut into cubes

METHOD

1. Place butter in a deep non-stick sauce pan and sauté the onion until soft. Stir in the flour and cook for a minute before adding the milk. Stir constantly to prevent lumps.
3. Add the vegetables and continue cooking for 10-15 minutes or until the vegetables are just cooked. Stir through the mixed seafood and cook for another

- 410g can **Wattie's Whole Kernel Corn**, drained
- 500g mixed fresh or thawed frozen seafood, e.g mussels, squid pieces, cubed fish, crab meat, prawns
- 1 Tbsp chopped parsley

3-5 minutes or until the seafood has cooked.

4. Stir in parsley and season with salt and pepper. Serve in bowls with crusty bread.