



**FAST**

**LOW CALORIE**

## **Creamy Fish & Potato Chowder**

with Oyster Crackers

 20-30min  2 Servings

We're really missing the bliss of summer beach days at this point in the year, so we're bringing the ocean home with the flavors in this chowder. Tender, flaky pollock simmers in a fragrant broth with potatoes, celery, and mascarpone for richness. And no chowder is complete without oyster crackers bobbing on top. Done in 25 minutes, you'll be making this warming meal all year round!

## What we send

- celery
- Yukon gold potatoes
- scallions
- fresh thyme
- garlic
- 2
- 3
- 4,5,1
- 4

## What you need

- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- olive oil

## Tools

### Allergens

Wheat (1), Shellfish (2), Fish (3), Milk (4), Soy (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 610kcal, Fat 32g, Carbs 52g, Protein 32g



### 1. Prep ingredients

Trim ends from **celery** and finely chop. Peel and finely chop **2 large cloves garlic**. Trim ends from **4 scallions** and thinly slice. Scrub **potatoes** and cut into ½-inch pieces. Pick and finely chop **¼ of the thyme leaves**. Save **remaining sprigs** for step 4.



### 4. Add potatoes

Add **potatoes** and **half the remaining thyme sprigs** (save rest for own use), and bring to a boil. Reduce heat to medium and simmer until potatoes are tender when pierced with a knife, 10-12 minutes.



### 2. Sauté aromatics

Heat **1½ tablespoons oil** in a medium pot over medium-high. Add **celery, garlic, ¾ of the scallions**, and **1 teaspoon salt**, and cook until softened, 2-3 minutes. Stir in **1 tablespoon flour** and cook, stirring, about 1 minute.



### 5. Add fish

Cut **fish** into 2-inch pieces and add to pot. Cover and simmer over low until fish easily flakes, 6-8 minutes. Stir in **mascarpone** and cook until heated through, about 2 minutes.



### 3. Add liquid

Stir in **2 cups water** and **clam broth concentrate** and bring to a boil.



### 6. Finish chowder

Remove **thyme sprigs** from **chowder** and discard; season to taste with **salt** and **pepper**. Divide between bowls and garnish with **chopped thyme** and **remaining scallions**. Serve **chowder** with **oyster crackers**. Enjoy!