

DINNERLY



Low-Cal Wild Shrimp Chowder with Potatoes & Corn



30min



2 Servings

This chowder makes it cool to be corny. We're not talking about dad jokes —we're talking about flavor. Corn's natural starches make for a creamy, sweet chowder that is truly a-MAIZE-ing when combined with plump wild shrimp, scallions, and fork-tender potatoes (Aw shucks, we went there). We've got you covered!

WHAT WE SEND

- 2 scallions
- 1 Yukon gold potato
- 1 pkt seafood broth concentrate ^{2,4}
- 10 oz pkg wild caught shrimp ²
- 5 oz corn

WHAT YOU NEED

- garlic
- butter ⁷
- all-purpose flour ¹
- kosher salt & ground pepper
- ½ cup milk ⁷

TOOLS

- medium Dutch oven or pot with lid

COOKING TIP

Use shrimp immediately or freeze.

ALLERGENS

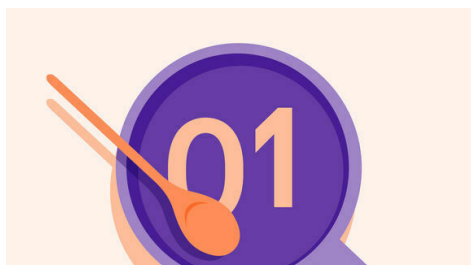
Wheat (1), Shellfish (2), Fish (4), Milk (7).

May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 400kcal, Fat 11g, Carbs 45g, Protein 36g

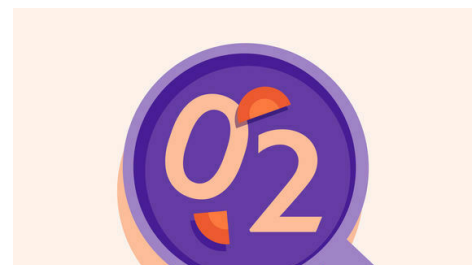


1. Prep ingredients

Finely chop 1 **teaspoon** garlic.

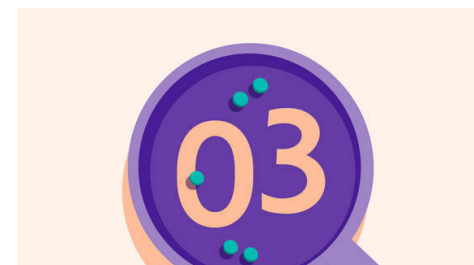
Trim ends from **scallions**, then thinly slice about 4 tablespoons (save rest for own use, if necessary).

Scrub **potato**, then cut into 1-inch pieces (no need to peel).



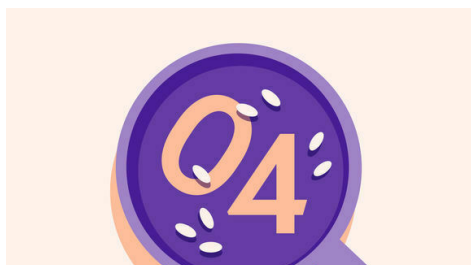
2. Sauté aromatics

In a medium Dutch oven or pot, melt 1 **tablespoon** **butter** over medium-high, about 1 minute. Stir in **chopped garlic**, $\frac{2}{3}$ of the **scallions**, and $1\frac{1}{2}$ **tablespoons** **flour**. Cook, stirring, until fragrant, about 1 minute. Season with a **pinch** each of **salt** and **pepper**.



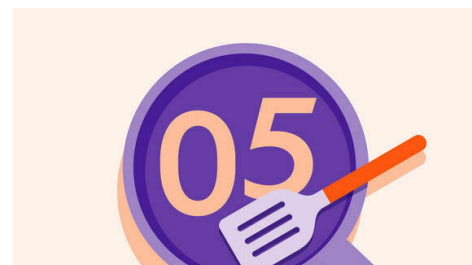
3. Add broth

Stir **seafood broth concentrate** and 2 **cups** **water** into same pot. Cover and bring to a boil (use foil if you don't have a pot lid).



4. Cook potatoes

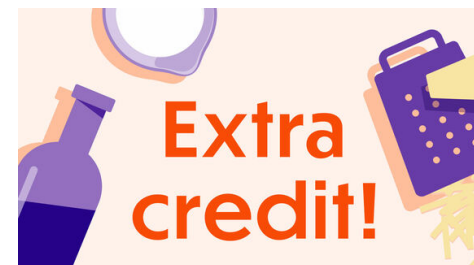
Add **potatoes** to pot. Cover and bring back to a boil. Uncover, reduce heat to medium, and cook until potatoes are easily pierced with a fork, 8–10 minutes.



5. Finish & serve

Rinse **shrimp** and pat very dry (first thaw under cool running water, if necessary); season with **salt** and **pepper**. Add **shrimp**, **corn**, and $\frac{1}{2}$ **cup** **milk** to pot. Cook over medium-high until **shrimp** are pink and **corn** is tender, 3–4 minutes. Season to taste with **salt** and **pepper**.

Garnish **shrimp chowder** with **remaining scallions**. Enjoy!



6. Carbo load!

Chowder is a natural partner for crackers or crusty bread and butter. It's also delicious with all kinds of beer. We like it with ales, pilsners, stouts—you name it!