

DINNERLY



Low-Cal 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 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}
- ½ lb pkg shrimp ^{2,17}
- 5 oz corn

WHAT YOU NEED

- garlic
- butter ⁷
- all-purpose flour (or gluten-free alternative)
- kosher salt & ground pepper
- ½ cup milk ⁷

TOOLS

- medium Dutch oven or pot with lid

ALLERGENS

Shellfish (2), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 340kcal, Fat 8g, Carbs 42g, Protein 26g



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).



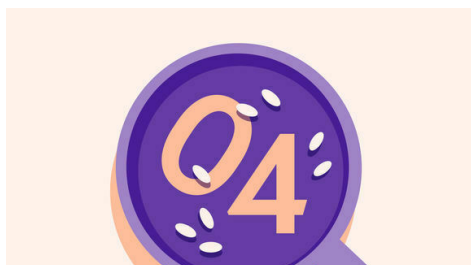
2. Sauté aromatics

In a medium Dutch oven or pot, melt **1 tablespoon butter** over medium-high, about 1 minute. Stir in **chopped garlic**, **⅔ of the scallions**, and **1½ tablespoons flour**. Cook, stirring, until fragrant, about 1 minute. Season with **a pinch each of salt and pepper**.



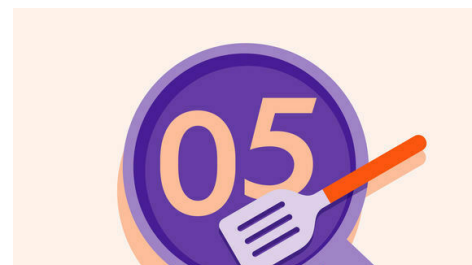
3. Add broth

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

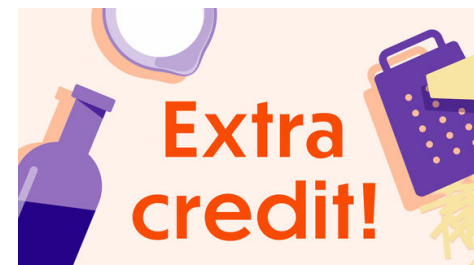
Add **potatoes** to pot. Cover and bring back to a boil. Uncover, reduce heat to medium, and cook until potatoes are easily pierced with a fork, 8–10 minutes.



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 **½ 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!