



## Spring Chicken Chowder

with Potatoes, Peas & Carrots



20-30min



2 Servings

It doesn't matter what age you are, this spring chicken chowder doesn't discriminate. The one-pot chowder, filled with springy vegetables and lots of chicken, complete with creamy broth, is sure to go down a treat at the dinner table. We've got you covered!

**WHAT WE SEND**

- 1 small bag carrots
- 1 shallot
- 2 Yukon gold potatoes
- 10 oz pkg cubed chicken thighs
- 1 pkt chicken broth concentrate
- 5 oz peas

**WHAT YOU NEED**

- garlic
- kosher salt & ground pepper
- olive oil
- all-purpose flour<sup>1</sup>
- milk<sup>2</sup>

**TOOLS**

- medium pot

**ALLERGENS**

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

**NUTRITION PER SERVING**

Calories 550kcal, Fat 17g, Carbs 67g, Protein 42g

**1. Prep ingredients**

Scrub **carrot** (halve lengthwise, if large); cut crosswise into  $\frac{1}{4}$ -inch half moons. Halve and finely chop **shallot**. Scrub **potatoes** and cut into  $\frac{1}{2}$ -inch pieces. Finely chop **1 teaspoon garlic**.

Pat **chicken** dry and cut into 1-inch pieces, if necessary. Season all over with **1 teaspoon salt** and **several grinds of pepper**.

**2. Brown chicken**

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **chicken** and cook, without stirring, until well browned on the bottom, 3–5 minutes. Stir, then continue to cook until golden-brown on other side, about 3 minutes more.

**3. Add vegetables**

To pot with **chicken**, add **carrots** and **shallots**; cook, stirring occasionally, until shallots are just beginning to brown, 3–4 minutes. Stir in **chopped garlic** and **1½ tablespoons flour**; cook, stirring and scraping up any browned bits from the bottom of pot, about 30 seconds.

**4. Build soup**

Add **potatoes**, **2 cups water**, **broth concentrate**,  **$\frac{1}{2}$  teaspoon salt**, and **several grinds of pepper**. Cover and bring to a boil over medium-high. Reduce heat to medium and simmer, partially covered, until **vegetables** are tender, 7–8 minutes.

**5. Finish soup & serve**

Add **peas** and **1 cup milk** to pot with **chowder**; bring to a very gentle simmer. Season to taste with **salt** and **pepper**.

Serve **chicken chowder** with **potatoes**, **peas** and **carrots** ladled into bowls. Enjoy!

**6. Crunch, crunch!**

What better way to top a chowder than with oyster crackers or crumbled saltines?

# Extra credit!