

DINNERLY



Upgrade with Wild Shrimp

Low-Cal Shrimp Chowder with Potatoes & Corn



30min



2 Servings

| This version of the recipe is customized with wild caught shrimp.

WHAT WE SEND

- 2 scallions
- 1 red potato
- 1 pkt seafood broth concentrate ^{3,4}
- 10 oz pkg wild caught shrimp ⁴
- 5 oz corn

WHAT YOU NEED

- garlic
- butter ¹
- all-purpose flour ²
- kosher salt & ground pepper
- ½ cup milk ¹

TOOLS

- medium Dutch oven or pot with lid

COOKING TIP

Use shrimp immediately or freeze.

ALLERGENS

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

NUTRITION PER SERVING

Calories 390kcal, Fat 11g, Carbs 40g,
Protein 35g



1. Prep ingredients

Finely chop **1 teaspoon garlic**.
Trim ends from **scallions**, then thinly slice.
Scrub **potato**, then cut into 1-inch pieces (no need to peel).



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.



2. Sauté aromatics

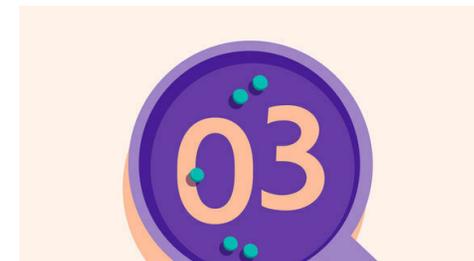
In a medium Dutch oven or pot, melt **1 tablespoon butter** over medium-high, about 1 minute. Stir in **chopped garlic**, **⅔ of the scallions**, and **1½ tablespoons flour**. Cook, stirring, until fragrant, about 1 minute. Season with **a pinch each of salt and pepper**.



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!



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).



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!