

MARLEY SPOON



Vegan Coconut Corn Chowder

with Chiles & Lime

 30min  2 Servings

Creamy, complex, and comforting, chowder is a one-pot wonder. Here, we use coconut milk and fresh, flavorful vegetables for our tropical-inspired vegan version. Onions and peppers sauté along with garlic, ginger, and serrano chili to create a dynamic base to which we add potatoes and corn. Coconut milk is naturally sweet and creamy and creates a robust soup which needs only a final sprinkling of cilantro and a squeeze of lime.

What we send

- 2 Yukon gold potatoes
- 1 bell pepper
- 1 yellow onion
- 1 oz fresh ginger
- garlic
- 1 serrano pepper
- 5 oz corn
- 13.5 oz can coconut milk ¹⁵
- ¼ oz fresh cilantro
- 1 lime

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- medium Dutch oven or pot with lid

Cooking tip

Before cutting the lime, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660kcal, Fat 39g, Carbs 72g, Protein 11g



1. Prep ingredients

Scrub **potatoes**, then cut into ½-inch pieces. Halve **bell pepper**, discard stem and seeds, then cut into ½-inch pieces. Finely chop **onion**. Finely chop **2 teaspoons each of ginger and garlic**. Thinly slice **half of the serrano chili**, then finely chop the rest (remove seeds for less heat).



4. Prep cilantro & lime

Meanwhile, coarsely chop **cilantro**. Cut **lime** into 4 wedges.



2. Start chowder

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium. Add **onions, peppers, and a pinch of salt**; cook, stirring, until softened, 3-4 minutes. Add **garlic, ginger, and finely chopped serranos**; cook, stirring, until fragrant, 1-2 minutes.



5. Finish chowder

Squeeze juice from **2 lime wedges** into **chowder**. Season to taste with **salt** and **pepper**.



3. Simmer chowder

To same pot, add **potatoes** and **corn**; cook, stirring, until slightly softened, 2-3 minutes. Stir in **coconut milk** and **1 teaspoon each of salt and sugar**; bring to a boil. Cover, reduce heat to low, and simmer until potatoes are tender, about 10-15 minutes.



6. Serve

Serve **coconut corn chowder** with **sliced serranos** and **cilantro** sprinkled over top. Serve with **remaining lime wedges** for squeezing. Enjoy!