



UCOOK

Trout Ribbon Chowder

with bell peppers, corn & dill

Two culinary worlds collide and bring us an explosion of flavour in this soup-meets-stew chowder dish. So, Chef, get ready to chow down on this trout chowder, dotted with corn, onion, bell pepper & butternut. All these ingredients are embraced by a thick, creamy liquid made from crème fraîche, white wine, & stock.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Carb Conscious

 Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
100g	Corn
1	Bell Pepper <i>rinse, deseed & cut into bite-sized pieces</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Vegetable Stock
100ml	White Wine
500g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
2 units	Smoked Trout Ribbons <i>roughly chop</i>
60ml	Crème Fraîche
5g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. BEGIN WITH THE BASE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion, the corn, and the pepper pieces until caramelised, 8-10 minutes (shifting occasionally). In the final minute, add the grated garlic, the stock, and the wine, and fry until fragrant, 1-2 minutes. Season.

2. ADD THE REST Add the butternut pieces and 800ml of water, and simmer until the butternut has softened, 20-25 minutes. Remove from the heat and add the trout, the crème fraîche, ½ the chopped dill, and seasoning.

3. BOWLED OVER Bowl up the trout chowder, garnish with the remaining dill, and enjoy!

Nutritional Information

Per 100g

Energy	338kj
Energy	81kcal
Protein	2.9g
Carbs	9g
of which sugars	2.3g
Fibre	1.6g
Fat	2.5g
of which saturated	1.4g
Sodium	190mg

Allergens

Allium, Sulphites, Fish, Alcohol, Cow's Milk

Eat
Within
2 Days