



QCOOK

Trout Ribbon Chowder

with peppers, corn, & dill

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Rose-Mary Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	286kJ	2410kJ
Energy	68kcal	576kcal
Protein	2.9g	24.9g
Carbs	8g	71g
of which sugars	2.5g	20.8g
Fibre	1.6g	13.3g
Fat	1.8g	15.5g
of which saturated	0.9g	7.8g
Sodium	183mg	1546mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
150g	200g	Corn
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Vegetable Stock
150ml	200ml	White Wine
750g	1kg	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
3 units	4 units	Smoked Trout Ribbons
90ml	125ml	Crème Fraîche
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (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 onion, corn, and pepper until caramelised, 10-12 minutes (shifting occasionally). In the final minute, add the garlic, stock, and wine, and fry until fragrant, 1-2 minutes. Season.

2. ADD THE REST Add the butternut and 1.2L [1.6L] of water, and simmer until the butternut has softened, 25-30 minutes. Remove from the heat and add the trout, the crème fraîche, ½ the dill, and seasoning.

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