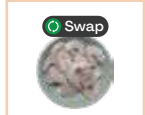




Easy Fish Chowder

with Creamy Corn and Peas

Family Friendly 30 - 40 Minutes



Shrimp

285 g | 570 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



Tilapia
300 g | 600 g



Cream
113 ml | 237 ml



Yellow Potato
250 g | 500 g



Green Peas
112 g | 227 g



Corn Kernels
113 g | 227 g



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Old Bay
Seasoning
1 tbsp | 2 tbsp



Green Onion
2 | 4



Ciabatta Roll
1 | 2



Yellow Onion
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **ciabatta** into 1-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Cut **potato** into ¼-inch pieces.
- Add **potatoes**, **half the Old Bay Seasoning** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

2



Start chowder

Swap | Shrimp

- Pat **tilapia** dry with paper towels, then on another cutting board, cut into 1-inch pieces.
- Heat a large pot over medium-high heat.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**, **corn** and **peas**. Cook, stirring occasionally, until softened slightly, 4-5 min.

3



Cook chowder

- Sprinkle **Cream Sauce Spice Blend** and **remaining Old Bay Seasoning** over top. Cook, stirring constantly, until **potatoes** and **veggies** are coated, 30 sec.
- Add **cream**, **tilapia** and **2 cups** (4 cups) **water**. Carefully stir to combine.
- Cover and bring to a boil over high.
- Once boiling, reduce heat to medium.
- Cook uncovered, stirring occasionally, until **tilapia** is cooked through, 10-12 min.**

4



Bake croutons

- Add **ciabatta** to a parchment-lined baking sheet.
- Drizzle **1 tbsp** (2 tbsp) **oil** over top. Season with **pepper** and **¼ tsp** (½ tsp) **salt**, then toss to coat.
- Toast in the **middle** of the oven until **croutons** are golden and crisp, 8-10 min.

5



Finish chowder

- Thinly slice **green onions**.
- Add **half the green onions** to the **chowder**. Stir to combine. (**TIP:** If chowder is too thick, add ¼ cup water.)

6



Finish and serve

- Divide **easy fish chowder** between bowls.
- Garnish with **croutons** and **remaining green onions**.

2 | Start chowder

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, rinse **shrimp**. Pat dry. Do not cut into pieces, but follow the rest of the recipe as written.**