



# Manhattan-Style Fish Chowder

with Dill-Garlic Croutons

30 Minutes



Barramundi



Crushed Tomatoes



Mirepoix



White Cooking Wine



Russet Potato



Ciabatta Roll



Dill-Garlic Spice Blend



Baby Spinach

HELLO BARRAMUNDI

*Mild, buttery, sustainable and high in omega-3s!*

## Start here

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

## Bust out

2 Baking sheets, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, large pot, paper towels, measuring cups

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Crushed Tomatoes	370 ml	740 ml
Mirepoix	113 g	227 g
White Cooking Wine	4 tbsp	8 tbsp
Russet Potato	230 g	460 g
Ciabatta Roll	1	2
Dill-Garlic Spice Blend	2 tsp	4 tsp
Baby Spinach	56 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

## 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.*

## Contact

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## Cook aromatics

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring often, until **veggies** soften, 3-4 min. Season with **salt** and **pepper**.



## Prep

Peel, then cut **potatoes** into ½-inch pieces. Roughly chop **spinach**. Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**.



## Start chowder

Add **cooking wine** to the pot with **veggies**. Cook, stirring often, until **liquid** is absorbed, 1 min. Add **potatoes**, **crushed tomatoes**, **1 ½ tsp Dill-Garlic Spice Blend** and **1 cup water** (dbl both for 4 ppl). Bring to a boil over high heat. Once boiling, cover and reduce heat to medium-low. Simmer, stirring occasionally, until **potatoes** are fork-tender, 15-17 min. Season with **salt** and **pepper**, then remove the pot from heat.



## Roast barramundi

While **chowder** simmers, arrange **barramundi** on a parchment-lined baking sheet. Drizzle **½ tsp oil** over **each fillet**. Roast in the **middle** of the oven until cooked through, 12- 14 min.\*\*



## Bake dill-garlic croutons

While **barramundi** roasts, cut **ciabatta** into 1-inch pieces, then transfer to a large bowl. Melt **2 tbsp butter** (dbl for 4 ppl) in a small microwavable bowl, then stir in **remaining Dill-Garlic Spice Blend**. Pour **dill-garlic butter** over **ciabatta pieces**. Season with **salt** and **pepper**, then toss to combine. Arrange **ciabatta** in a single layer on an unlined baking sheet. Toast in the **top** of the oven, stirring halfway through, until lightly golden, 5-6 min. (**TIP:** Keep an eye on croutons so they don't burn!)



## Finish and serve

Add **spinach** to **chowder**. Stir until wilted, 30 sec. Remove and discard barramundi skin. Using a fork, flake **barramundi** into large pieces. Gently stir **flaked barramundi** into **chowder**. Divide **fish chowder** between bowls. Just before serving, top with **dill-garlic croutons**.

## Dinner Solved!