Dinner

Chicken and Sweetcorn Chowder

A hearty, chunky soup where diced chicken thigh, corn kernels and tender potato simmer together in a savoury reduced salt chicken stock, with reduced fat milk stirred in at the end and a scattering of chopped chives over each bowl.



Nut free

40 min	315	29 g	11.5 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 teaspoon olive oil
- [ ] 1/2 onion, finely chopped
- [ ] 1 garlic clove, minced
- [ ] 1 small celery stalk, diced
- [ ] 1 small carrot, diced
- [ ] 200 g chicken thigh, diced
- [ ] 1 cup corn kernels (fresh, frozen, or canned)
- [ ] 1 medium lower carb, Carisma potato, peeled and diced
- [ ] 2 cups chicken stock, reduced salt
- [ ] 1/2 cup reduced fat milk
- [ ] Salt & pepper to taste
- [ ] 1 tablespoon chopped chives for garnish

Nutrition Facts

Per serving

Calories	315
Total fat	9.6 g
Saturated fat	2.7 g
Sodium	300 mg
Total carbs	29 g
Fiber	Not listed
Total sugars	11.5 g
Protein	25.4 g

Method

- [ ] **1** Set a non-stick saucepan over medium heat and pour in the olive oil. Once warm, tip in the finely chopped onion, minced garlic, diced celery and diced carrot, letting everything soften for 5 mins.
- [ ] **2** Add the diced chicken thigh and cook for 3-4 mins so it browns lightly all over.
- [ ] **3** Tip the corn kernels, the peeled and diced medium lower Carb potato and the reduced salt chicken stock into the pan, then leave it all to simmer for 10-15 mins, until the chicken is cooked through and the potato is tender.
- [ ] **4** Pour in the reduced fat milk and give the soup another 2-3 mins of gentle simmering so it heats through.
- [ ] **5** Taste and season with salt & pepper as needed. If you want a thicker soup, you can crush a few potato cubes against the side of the pan or blend a small ladleful and stir it back in.
- [ ] **6** Ladle the chowder into bowls, finish with freshly ground black pepper and scatter the chopped chives over the top as a garnish.

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