

# Our Recipe

## SWEETCORN WEEK

FISHY  
RECIPE



### Ingredients

Shockingly Scary Sweetcorn & White Fish Chowder

Serves 10

1 garlic clove, crushed  
40ml vegetable oil  
150g white onion, diced  
550g frozen sweetcorn  
350g peeled potatoes, diced  
50g vegetable stock  
400ml water  
300ml semi skimmed milk  
300g white fish, pollock, haddock or cod,  
chopped  
25g parsley or dill chopped



### Method

1. Fry the diced white onion and crushed garlic until the onion starts to soften.
2. Add the diced peeled potatoes, frozen sweetcorn, made up vegetable stock, semi skimmed milk, and bring to a boil.
3. Then simmer until potatoes are soft.
4. Blend or mash the soup mixture before adding the chopped white fish of your choice.
5. Cook for a further 15 minutes or until the fish has cooked all the way through.
6. Season to taste and add the chopped parsley.

**EAT THEM  
TO DEFEAT THEM**

