

FISH CHOWDER



GYMGAIR

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Serves 4

NUTRITIONAL INFORMATION:

Gluten Free*, Dairy Free

Kcal: **177**

Protein: **13.5g**

Carbohydrate: **20.5g**

Fat: **4.5g**



INGREDIENTS

100g	Smoked Haddock
100g	Fresh Haddock
500ml	Light Coconut Milk
500ml	Fish Stock
1	Onion
1	Leek
1	Celery
1	Carrot
1	Garlic Clove
150g	Sweet Potato
1 tsp	Coconut Oil
2	Sprigs Fresh Thyme
¼ tsp	Nutmeg
¼ tsp	Black Pepper
50g	Smoked Salmon

*use gluten free if required

COOKING TIME: 1 hour 45 minutes

METHOD:

1. Place a large heavy saucepan over a medium heat & put the fish with skin on in the pan. Add coconut milk, stock, thyme, nutmeg and pepper. Bring to boil. Remove from heat & set aside for 1 hour.
2. After an hour, remove the fish, skin, debone, flake into chunks.
3. Remove thyme from liquid & discard them.
4. Heat the coconut oil in large pan over a medium-high heat. Add the onion, leek, garlic, celery, carrots & saute until just soft, for about 10 minutes.
5. Place veg & sweet potato into the cooking liquid. Bring to boil, reduce to simmer for 30 minutes.
6. Using a hand blender, blend until thick & smooth. Add fish back into the soup & reheat.
7. Serve immediately with smoked salmon garnish.

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