

# Simple Seafood Chowder



**Serves 4    Prep 15 mins**

**Cooking 35 mins**

**Easy**

## **Ingredients**

1 tbsp vegetable oil  
1 large onion chopped  
100g streaky bacon chopped  
1 tbsp plain flour  
600ml fish stock made from fish stock cube or Borough Broth 320ml +water  
225g new potato halved  
pinch mace  
pinch paprika or cayenne pepper  
300ml milk  
320g pack fish pie mix (salmon, haddock and smoked haddock)  
4 tbsp single cream  
250g pack cooked mixed shellfish  
small bunch parsley chopped  
baguette to serve

1. Heat the oil in a large saucepan over a medium heat, then add the onion and bacon. Cook for 8-10 mins until the onion is soft and the bacon is cooked. Stir in the flour, then cook for a further 2 mins.
2. Pour in the fish stock and bring it up to a gentle simmer. Add the potatoes, cover, then simmer for 10 to 15-20 mins until the potatoes are cooked through.
3. Add the mace, paprika pepper and some seasoning, then stir in the milk.
4. Tip the fish pie mix into the pan, gently simmer for 4 mins. Add the cream and shellfish, then simmer for 1 min more. Check the seasoning. Sprinkle with the parsley and serve with a baguette.