FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chowder with spicy prawns



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**197 kcal**

Stuff that's in it:

• 300G Frozen Peas

• 200G Black Kale

• 100G Defrosted Prawns (Raw)

• 1 Large Celery Stick (Chopped)

• 1 Garlic Clove (Chopped)

• 2 Tsp Oil

• 750Ml Chicken Stock

• 120G Brown Onion (Diced)

• 320G Maris Piper Potato (Cooked)

• 1 Fresh Chilli (Chopped)

What you do:

Heat the oil in a heavy bottom pan and add the onion and celery, cook gently until soft, add the garlic and stir through, then stir in the peas and kale, heat then add the potatoes bring to the boil then simmer for a few minutes (if using raw potato , cook for 12 minutes)

Tip the mixture into a food processor and blend until you reach the desired consistency.

Slice down the back of the prawns and Fry in a little oil with the fresh chilli until cooked through.

Serve with the soup

Nutrition

• Carbs: 24g

• Fat: 5g

• Protein: 12g

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