



Soup

## Seafood chowder

Serves 6

### Method

---

- Place a large saucepan over a medium heat and melt the butter.
- Then add the cubed carrot, celery, onion, potato and thyme and saute for five minutes, stirring frequently.
- Add the flour and continue cooking for another 3 minutes, stirring frequently.
- Add the milk and 1 cup of water and bring to a simmer.
- Add the seafood marinara mix, season with salt and pepper and simmer for a further 10 minutes.
- Steam fresh mussels in a pot with white wine, serve on top
- Serve garnished with croutons and chopped parsley.

### Ingredients

---

- 1 Carrot peeled and cubed
- 1 stem celery, cubed
- 1 medium onion, diced
- 1 medium potato, peeled and cubed
- 1 tbsp chopped (preferably fresh) thyme
- 3 tbsp flour
- 2 tbsp butter
- 300g seafood marinara mix
- 200g fresh mussels
- 2 cups milk
- salt
- pepper
- parsley to garnish
- croutons to garnish