



Cal Smart Turkey Corn Chowder

with Garlic-Chive Ciabatta Points

Calorie Smart

30 Minutes



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- Ground Turkey
- Double Ground Turkey
- Old Bay Seasoning
- Corn Kernels
- Russet Potato
- Mirepoix
- Vegetable Stock Powder
- Cream Sauce Spice Blend
- Chives
- Ciabatta Roll
- Cream Cheese
- Garlic, cloves

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, small bowl, measuring cups, whisk, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Old Bay Seasoning	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Russet Potato	230 g	460 g
Mirepoix	113 g	227 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Chives	7 g	14 g
Ciabatta Roll	1	2
Cream Cheese	43 g	86 g
Garlic, cloves	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Peel, then mince or grate **garlic**.
- Peel, then cut **potato** into ¼-inch pieces.
- Thinly slice **chives**.



Sauté mirepoix and make garlic butter

- Heat a large pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mirepoix**. Cook, stirring occasionally, until slightly softened, 2-3 min.
- Meanwhile, add **half the garlic**, **½ tbsp** (1 tbsp) **chives** and **1 tbsp** (2 tbsp) **softened butter** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.



Start chowder

- Add **turkey** and **remaining garlic** to the pot. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **potatoes**, **Cream Sauce Spice Blend**, **stock powder** and **2 tsp** (4 tsp) **Old Bay Seasoning**. Cook, stirring often, until **mixture** is coated, 1 min.
- Add **3 cups** (5 ½ cups) **water**, then bring to a boil over high.

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **turkey**. Work in batches, if necessary.



Finish soup

- When boiling, add **corn**, then reduce heat to medium. Partially cover and cook, stirring occasionally, until **veggies** are tender, 10-12 min.
- Meanwhile, add **cream cheese** and **½ cup** (1 cup) **liquid** from **chowder** to a medium bowl. Whisk until smooth.
- When **chowder** is done, stir in **cream cheese mixture**. Season with **remaining Old Bay Seasoning**, to taste, or **salt** and **pepper**, if desired.



Toast ciabatta

- While **chowder** cooks, halve **ciabatta**.
- Arrange on an unlined baking sheet, cut-side up.
- Spread **garlic-chive butter** on the cut sides.
- Broil in the **top** of the oven until golden-brown, 1-2 min. (**TIP**: Keep an eye on buns so they don't burn!)



Finish and serve

- Halve **ciabatta** diagonally.
- Divide **turkey corn chowder** between bowls. Sprinkle **remaining chives** over top.
- Serve **ciabatta points** alongside for dipping.

Dinner Solved!



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