

# SWEETCORN CHOWDER



It's my birthday on Christmas Day, and sweetcorn chowder is often on the menu at my party. It is a rich dish with a thick creamy sauce that is all made in one pan. It's so quick and easy to make, it leaves lots more time for party games!

Serves 4

## Ingredients

50g unsalted butter

1 garlic clove, peeled and crushed

1 small onion, finely chopped

2 small potatoes, peeled and diced into  
1cm chunks

230g sweetcorn, canned or frozen

½ tsp smoked sweet paprika

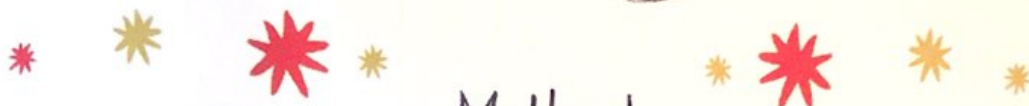
3 tsp plain flour

500ml skimmed milk

5g chives, finely chopped

salt and black pepper





## Method

- ★ Put the butter in a medium pan over a medium heat.
- ★ Wait for the butter to melt, then add the garlic and onions, and season.
- ★ Cook the onions for 5 minutes, until starting to colour and soften.
- ★ Add the diced potatoes and cook for 6–8 minutes, until they are slightly translucent around the edge. If your potato chunks are on the big side, this may take a little longer.
- ★ Add the sweetcorn and the paprika and cook for 2–3 minutes. If you are using frozen sweetcorn, this may take a little longer – just be sure the kernels have cooked through properly.
- ★ Add the flour to the mixture and cook for 2 minutes, stirring all the time.
- ★ Pour in the milk and leave to simmer for 10–12 minutes, until the chowder has thickened.
- ★ Take off the heat and stir in the chopped chives.

