

**LUNCH**  
Exclusive Recipe

## Smoked Haddock Chowder

A classic dish made in a healthier way missing out the butter and cream!

Serves 2

1 onion, chopped  
1 clove garlic, crushed  
2 potatoes, scrubbed and sliced  
500ml / 18 fl oz vegetable stock  
2 smoked haddock fillets, about  
100g/4oz each, skinned and cut into  
chunks  
418g can creamed corn  
1 handful parsley, chopped  
Freshly ground black pepper



- Put the onion, garlic and potatoes into a large sauté pan. Pour over the vegetable stock and simmer for about 8 mins until the potatoes are soft, but still have a slight bite.
- Add the chunks of smoked haddock and the creamed corn
- Season with a little black pepper.
- Gently simmer for 5-7 mins until the haddock is cooked (it should flake easily when pressed with a fork).
- Sprinkle over the parsley and serve