



Cajun Style Double Prawn and Corn Chowder

with Courgette and Sweet Potato

Calorie Smart

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/cajun-style-double-prawn-and-corn-chowder-420>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Sieve, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	1	2	2
Garlic Clove (unit(s))	2	3	4
Sweetcorn (grams)	160	255	340
King Prawns (grams)	320	480	640
Courgette (unit(s))	1	1½	2
Lemon (unit(s))	1	1	1
Cajun Spice Mix (sachet(s))	1	1	2
Creme Fraiche (grams)	75	112½	150
Vegetable Stock Paste (grams)	15	25	30
Butter (grams)	10	15	20
Plain Flour (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	300	450	600

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2032 kJ
Energy (kcal)	486 kcal
Fat	20.1 g
of which saturates	11 g
Carbohydrate	48.2 g
of which sugars	17.2 g
Dietary Fibre	9 g
Protein	27.4 g
Salt	4.4 g

Allergens

Milk, Crustaceans, May contain traces of allergens, Celery

Always check the product labels for allergen information.



Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **sweet potato** into 2cm chunks (no need to peel).
Pop the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press).
Drain and rinse the **sweetcorn** in a sieve. Drain the **prawns**.
IMPORTANT: Wash your hands and equipment after handling raw prawns.
Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks. Halve the **lemon**.



Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat.
Once hot, add the **courgette** and **sweetcorn** and cook until charred, 8-10 mins total.
Turn only every couple of mins. Once cooked, season with **salt** and **pepper**, then remove from the heat. Set aside in a bowl.



Simmer the Chowder

Pop the frying pan back on low heat (no need to clean) and melt in the **butter** (see pantry for amount).
Once melted, add the **Cajun spice mix** (add less if you'd prefer things milder) and **garlic** and stir-fry, 1-2 mins.
Sprinkle over the **flour** (see pantry for amount) and fry, 1-2 mins. Gradually add the **water for the chowder** (see pantry for amount), stirring constantly until the **chowder** has thickened, 3-4 mins.



Add the Prawns

Once the **chowder** has thickened, stir through the **creme fraiche** and **vegetable stock paste** until combined.
Bring the **chowder** up to a boil and once boiling, stir in the **prawns** and cook for another 5-6 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.
Once the **prawns** are cooked through, stir the **veg** through the **chowder**.



Serve Up

Once everything's cooked, remove from the heat.
Add a squeeze of **lemon juice**. Taste and season with **salt** and **pepper** if needed.
Add a splash of **water** if your **chowder** is looking a little thick.
Share your **chowder** between bowls. Cut the remaining **lemon** into wedges to serve alongside.

Enjoy your meal!