



# LOBSTER CHOWDER

SERVES 2 OR 4

TIME: 50 MIN

CALORIES: 710/SERVING



Dried seaweed gives this chowder a classic seafood taste, and the rich cashew broth is loaded with potatoes and oyster mushrooms for a hearty and creamy chowder.

## WHAT YOU'LL NEED

- Large pot

- Oil  
- Salt  
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

**WHAT'S INSIDE**      2 servings      4 servings

Oyster mushrooms	4 oz	8 oz
Russet potato	1	2
Grape tomatoes	4-6	8-12
Shallots	2	4
Garlic	3 cloves	6 cloves
Nori	1/2 sheet	1 sheet
Chives	1/4 bunch	1/2 bunch
Cashew butter	1/2 cup	1 cup
Tomato Base	1 cup	2 cups



Prep ingredients: finely chop **mushrooms** and **tomatoes**. Peel and dice **potato** into small cubes. Mince **garlic**, chop **shallots** and thinly slice **chives**. Tear or cut **nori** into small flakes. Carefully whisk **1 cup of water** into **cashew butter**, and add **1.5 cups of water** to **tomato base**.



Add 1 tbsp of **oil** (2 tbsp for 4 servings) to a large pot over medium-high heat. Add **mushrooms** and **shallots** and sauté for 5 minutes, stirring often. Add **tomatoes**, **garlic**, and **nori**, and cook for 2-3 more minutes.



Pour **tomato broth** into pot and add **potatoes**. Cook for 5 minutes over medium heat.



Add **cashew broth**, 2.5 cups of **water** and **half the chives**. Set heat to low and cover. Simmer for 30 minutes, stirring occasionally. Taste and add **salt** and **pepper** as needed.



Remove from heat, and serve in deep bowls. Garnish with **remaining chives**.

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per Serving (1033 g)	
pour 1 (1033 g)	
<b>Calories 710</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 36 g</b>	<b>48 %</b>
Saturated / saturés 6 g	30 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 85 g</b>	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 23 g	23 %
<b>Protein / Protéines 23 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 2010 mg</b>	<b>87 %</b>
Potassium 1950 mg	41 %
Calcium 100 mg	8 %
Iron / Fer 8.5 mg	47 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	