



seafood chowder

Phase 1 Recipe

SERVES 2 | READY IN 20 MINUTES

Ingredients:

- 2 tsp olive oil
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 tsp onion powder
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 cups chopped cauliflower
- 1 ½ cup fat-free chicken broth
- 1 package Ideal Protein Chicken Chowder Mix
- 1 portion haddock*, cut into 2" pieces
- ½ portion* bay scallops
- ½ portion* raw lobster tail meat, cut into 1" pieces

- 2 tbsp fresh chives for garnish
- 1 lemon wedge for garnish

Add olive oil to a pot and bring up to medium heat. Add in thyme and bay leaf and stir until fragrant. Sprinkle in onion powder, salt and pepper.

Add in cauliflower, broth and chicken chowder mix. Simmer for 5 minutes, stirring constantly. Add in haddock, scallops and lobster. Cover with a lid. Simmer until tender, stirring occasionally and very gently as to not break the haddock.

Serve and garnish with chives and lemon wedge.

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces