

Curried Fish Chowder

8 servings

2 tbsp	olive oil
1 large	onion, chopped
2 stalks	celery, sliced
4	carrots, sliced
2 cloves	garlic, minced
1 inch piece	fresh ginger, peeled and finely chopped
1 tsp	curry powder
4 cup	low-sodium vegetable broth
2 cup	finely chopped potatoes
2 cup	diced salt-free tomatoes
1 lb	firm-fleshed white fish fillets, such as cod or haddock OR mix of your choice of fish/seafood
1 cup	frozen peas
1 cup	coarsely chopped flat-leaf parsley
	salt
	ground black pepper

1. Warm the oil in a large pot over medium heat.
2. When hot, add the onion, celery, and carrots and cook for about 5 minutes, or until the vegetables start to soften.
3. Add the garlic, ginger, and curry powder, stir, and cook for 2 to 3 minutes.
4. Add the broth, potatoes, and tomatoes (with juice), cover, and bring to a boil. Reduce heat and simmer for about 15 minutes, or until the potatoes are tender.
5. Add the fish and continue to simmer, uncovered, for about 12 minutes, or until the fish is cooked through. Add the frozen peas about 2 minutes before the fish is done.
6. Stir in the parsley and season to taste with salt and pepper.

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