



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 25 mins

Serves: 6

SEAFOOD CHOWDER



INGREDIENTS

- 1/4 cup coconut oil
- 500g seafood marinara
- 3 rashers bacon, diced
- 3 cloves garlic, crushed
- 2 lg onions, finely chopped
- 2 stalks celery, finely chopped
- 2 carrots, finely chopped
- 1 tbsp mixed herbs
- 1/2 tsp smoked paprika
- 1 1/2 litres water
- 2-3 vegetable stock cubes
- 1 large sweet potato, cut into 1cm cubes
- 3 white potatoes, cut into 1cm cubes
- 1 can (400g) coconut cream
- 1 cup white wine
- 2 tbsp parsley, chopped
- Salt and pepper to taste

METHOD

- Heat oil in large pot and add bacon and cook until brown.
- Add garlic, onion, celery, carrot, mixed herbs and paprika.
- Cook until vegetables are soft, about 10 minutes.
- Add water, stock cubes, sweet and white potatoes, coconut cream, wine and salt & pepper.
- Bring to the boil, and simmer until vegetables are cooked. (about 15 minutes).
- Add seafood marinara and half the parsley, and simmer another 5-7 minutes until cooked.
- Dish into serving bowls, and sprinkle extra parsley over the top.