



Salmon Chowder (dairy free)

LEVEL: Easy

PREP TIME: 30 mins

COOK TIME: 30 mins

This salmon chowder is protein rich, delicious, nutritious, dairy free and easy on the stomach.

It's a perfect one-pot dinner with protein, healthy omega 3 fats, colourful vegetables and carbohydrates. Feel free to mix and match the ingredients, e.g salmon or cod, leeks or celery, add some coconut milk for a smoother texture, and baby spinach as extra greens.

Ingredients

- 2-3 salmon fillets (400g), cut into large chunks
- Half a butternut squash (500g) cut into large chunks
- 1 tbsp ghee or olive oil, 2 cups of vegetable stock, salt & pepper
- 1 onion, finely chopped, 1 carrot, finely chopped, 2 leeks finely sliced, 3 crushed garlic cloves, 2 tbsp chopped ginger
- 2 tsp parsley, 1 tsp coriander, 1 tsp chilli flakes
- A few sprigs fresh thyme or 2 tsp dried thyme
- 1-2 cups fresh baby spinach (optional)

Method

- Toss the salmon chunks into a large, season with generous amount of parsley, salt and pepper
- In a large saucepan, add ghee over medium heat, sauté the chopped onions and crushed garlic for about 2 minutes. Stir in the carrots, ginger, and leeks. Sauté for another 8 minutes until soft.
- Stir in the dried herbs, salt & pepper. Add the butternut squash chunks and 2 cups of stock. Add more water if necessary. Cook until bubbling, then turn the heat down to a simmer with a lid on for about 10 minutes. (You can set this aside until you are ready to eat, the last steps will take c. 10 minutes) When ready, add the salmon chunks, cover and simmer at low heat for about 8-10 minutes until the salmon is cooked. Optionally add one cup of baby spinach in the last 2 mins.
- Serve with a sprig of fresh thyme and some chilli flakes.
- Store leftovers in the fridge for 1 - 2 days, Reheat on the stove in low heat so you don't overcook and dry out the salmon.