

# Seafood Chowder

Serves 1:

## Nutritional info per serving:

Carbs:	9 grams	<b>Prep time:</b>	5 minutes
Fats:	27 grams	<b>Cooking time:</b>	20 minutes
Protein:	19 grams		

## Ingredients:

95g seafood mix  
50g cauliflower  
1 teaspoon extra virgin coconut oil  
10g onion  
½ clove garlic  
15g celery  
40mls vegetable stock  
40mls heavy whipping cream  
35g sour cream  
½ tablespoon fresh parsley

## Instructions:

1. Drain the seafood mix (reserve any juice) and set aside.
2. Wash and cut the cauliflower into 1-inch florets and thinly slice celery.
3. Place a saucepan over a medium to high heat with a drop of oil and add in the onions and garlic. Cook for 2-3 minutes and then add in the cauliflower and celery and sauté for 2 minutes.
4. Pour in the reserved juice and vegetable stock. Bring to the boil and reduce the heat to medium and cook for a further for 5-8 minutes until cauliflower is tender.
5. Add in the cream, sour cream and seafood, mix well, and heat through for 5 minutes.
6. Serve immediately topped with parsley.

