



# Creamy Seafood Chowder 300g

- 30% New Zealand Seafood
- Good Source of Protein - 11.6g per serve
- No Artificial Colourings
- No Artificial Flavourings
- No Added Sugar
- Gluten Free
- Halal

## PRODUCT DESCRIPTION

A succulent seafood chowder, with NZ Kumukumu (Spotted Gurnard), green lipped Mussels, potatoes and sweetcorn.

## SERVING SUGGESTIONS

This delicious creamy seafood chowder has been lovingly created using the finest of ingredients. For added creaminess, 2-3 tablespoons of dairy or coconut cream can be added. Heat and garnish with fresh snipped chives and freshly ground black pepper.

Best accompanied with a toasted garlic bread, or seasoned croutons or even with Kumara fries doused in garlic butter.

## SERVING INSTRUCTIONS

**STOVE TOP:** Empty contents into saucepan. Heat on medium to a simmer, stirring frequently. Heat for further 2-3 minutes, until starting to bubble. Remove from heat, tip into bowls and serve immediately.

**MICROWAVE:** Empty packet into a microwaveable bowl. Cover. Heat on HIGH (1000W) for 2 minutes. Stir. Cover again and heat for a further minute until product is hot. Heating times can vary depending on microwave power.

## STORAGE

Keep chilled between 2°- 4°C. Refrigerate any remaining product in airtight container and use within 2 days.

Best Before date at the base of the pack.

## NUTRITION INFORMATION

Servings per pack: 2  
Serving Size: 150g

	Average Quantity per serving	Average Quantity per 100g
<b>Energy</b>	603kJ	402kJ
<b>Protein</b>	11.6g	7.7g
<b>Fat, Total</b>	8.3g	5.5g
<b>- saturated</b>	4.2g	2.8g
<b>Carbohydrate</b>	6.0g	4.0g
<b>- sugars</b>	2.0g	1.3g
<b>Sodium</b>	435mg	290mg

## INGREDIENTS

Fish Stock (Water, Snapper (*Pagrus auratus*) (Fish) (0.9%), Celery, Onion, Lemon, Garlic, Herbs, Spice), Spotted Gurnard (*Pterygotrigla picta*) (Fish) (18%), Potato (15%), Mussels (*Perna canaliculus*) (Mollusc) (12%), Corn (11%), Cream (Milk), Butter (Milk), Canola Oil, Salt, Thickeners (Xanthan Gum, Guar Gum), Garlic, Pepper.

**Contains: Fish, Milk, Mollusc.**  
**May contain Crustacea and Fishbones.**

## MADE IN NEW ZEALAND

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