



JERNEJ KITCHEN

CORN CHOWDER WITH TUNA MEXICANA

Divine, vibrant, full of veggies and incredibly easy to make.

SERVES 6 PEOPLE
PREPARATION: 60 MINUTES

CORN CHOWDER WITH TUNA MEXICANA

2 onions
1 celery stalk
1 carrot
1 pear
2 tbsp olive oil
1 potato
1/2 leek
400 g sweet corn
1 sprig of thyme
1 liter vegetable or fish stock (or water)
50 g double cream
250 g Delamaris tuna Mexicana (2 cans)

TOOLS AND EQUIPEMENT

large pot with a lid
kitchen knife
cutting board

Sponsored

PREPARE THE VEGETABLES

Peel and dice the onions. Peel the celery stalk and carrot and chop on small cubes. Rinse the pear, cut in half lengthwise, and core, then chop on small cubes. Peel the potatoes and chop on small cubes. Remove the outer leek leaves and chop it on small chunks.

COOK THE VEGETABLES

Place a large pot over medium-high heat. Add the olive oil, chopped vegetables, and chopped pear. Lower the heat to medium-low and cook for about 10 minutes or until vegetables soften.

ADD THE CORN

Add the sweet corn and a sprig of thyme. Cook for about 10 minutes, stirring occasionally. After 10 minutes, add your vegetables or fish stock (or water), bring to a boil and reduce heat to a bare simmer. Cover with a lid and cook for about 30 minutes.

TIP

[You can use fresh corn, frozen corn or canned corn.](#)

BLEND

Transfer 3/4 of soup to a blender and blend on high heat until smooth. Return to pot and combine with the rest of the vegetables. Season to taste with salt and pepper.

SERVE

Add the double cream and Delamaris Tuna Mexicana to the soup and stir to combine. Serve immediately, sprinkled with fresh coriander, jalapeño, and sour cream. Enjoy.