



## CREAMY SEAFOOD CHOWDER

### INGREDIENTS:

Mixed seafood (clams, fish, shrimps, mussels)  
Half an onion, finely chopped  
2 cloves garlic, finely chopped  
2tbsp chopped parsley

1tbsp olive oil  
500g QFS Sauce  
Salt, pepper

### METHOD:

Prepare, clean and shell seafood as desired. Clams, fish, shrimps, prawns or mussels are suggested, cut into appropriate sizing.

Peel and finely chop the onion, garlic and parsley.

Heat the olive oil in a large saucepan over medium heat, add onion, garlic and parsley. Sauté until tender.

Add 500g of pre-heated QFS Sauce and stir until well mixed.

Add seafood. Continue to heat and stir until the sauce is well heated and seafood is cooked. Season with salt and pepper to taste.

### NOTES:

- *Alternatively, dry seafood stock can be added to increase the flavour if desired.*
- *Soup can be extended with the addition of milk, corn juice or water to achieve desired viscosity.*