

Clam & Sweet Kumura *Chowder*



Mussel & Corn Chowder *in Tomato Broth*



Clam & Sweet Kumura Chowder

(Gluten & Dairy free)

Serves 5

- 1 Tbsp vegetable oil
- 1 garlic clove – crushed
- 1 onion chopped
- 2 celery sticks – chopped
- 2 carrots – chopped
- 4 bacon rashers
- 2 sweet kumura – peeled, cubed and par-boiled
- 2x1kg Omega Clams
- 1 Tbsp fresh or dried thyme
- Seasoning to taste

In a large pot, heat oil then add garlic, onion, celery, carrots and bacon. Cook until softened.

Drain Omega clam juice from packs into pot. Next add kumura. Bring to a rapid boil for 5 mins.

Shell Omega clams, dice the meat then add to soup. Heat through for 2 mins.

Add thyme and season to taste.

Chef's Note:

Omega clam juice makes a great stock. Boil the soup for a few minutes longer to reduce the broth to your taste.

Mussel & Corn Chowder in Tomato Broth

(Gluten & Dairy free)

Serves 6

- 1 Tbsp vegetable oil
- 1 garlic clove – crushed
- 1 onion diced
- 2 celery sticks chopped
- 2 corn cobs – kernels stripped
- 1 carrot chopped
- 2 cans whole peeled tomatoes - crushed
- 3 Tbsp fresh oregano
- 1kg Omega Mussels
- Seasoning to taste
- 3 Tbsp Italian Parsley chopped

In a large pot, heat oil then add garlic, onion, celery, carrot and corn. Cook until softened.

Drain Omega mussel juice from pack and into pot. Bring to a rapid boil for 5 mins.

Add crushed tomatoes and oregano. Shell Omega mussels, dice the meat then add to soup. Season to taste. Cover and heat through for 5 mins.

Remove from heat and stir through Italian parsley before serving.



For more great recipe ideas see www.omegaseafood.com

Don't feel like cooking? Omega Mussels and Clams do not need reheating – you can eat them straight from the pack!