



NUTRITION *per serving* 35g carbohydrates 18g fat 11g protein 1574mg sodium | CONTAINS dairy, shellfish | calorie-conscious, carb-conscious



Calories
353



Prep & Cook Time
45-55 min.



Cook Within
3 days



Difficulty
Intermediate



Spice Level
Not Spicy



BLENDER REQUIRED

Shrimp Bisque

with fresh parsley and corn-pepper relish

IN YOUR BOX

- 4 oz. Carrot
- 1 Red Onion
- 2 oz. Roasted Red Peppers
- ¼ oz. Parsley
- 8 oz. Shrimp
- 5 oz. Corn Kernels
- 2 fl. oz. Sherry Wine
- 4 tsp. Shrimp Base
- 1 Tbsp. Tomato Paste
- 2 fl. oz. Heavy Whipping Cream

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Small Non-Stick Pan
- Blender/Immersion Blender

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BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ☐ **Heads Up!** Red onion and corn are used twice. Half of each are added to **soup** and remaining are added to **relish**.
- ☐ **Heads Up!** Parsley is used twice. A pinch is added to **relish** and remaining garnishes **soup**.

FROM THE CHEF

Using an immersion blender for this bisque is the easiest and safest way to blend.

Be sure to remove the clear plastic insert from blender lid before blending. Hot liquid in the blender can cause the lid to pop off during blending, making a mess and potential danger.

Did you know...

So, what is the difference between a “bisque” and a “chowder”? Bisques are smooth, usually made with pureed shellfish, with wine, cream, and tomatoes. Chowders are thicker, chunky, and get their thickness from starches or heavy vegetables like potatoes.



1

Prepare the Ingredients

Peel, trim, and cut **carrot** into ¼” dice. Halve and peel **onion**. Cut halves into ¼” dice. Cut **roasted red pepper** into ¼” dice. Stem and mince **parsley**. Pat **shrimp** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Cook the Shrimp

Heat a medium pot over medium-high heat. Add 1 tsp. **olive oil** and **shrimp** to hot pot. Cook undisturbed until lightly charred on one side, 2-3 minutes. Flip shrimp, and cook until they reach a minimum internal temperature of 145 degrees, 30-60 seconds. Remove from pot. Reserve pot; no need to wipe clean.



3

Start the Soup

Return pot used to cook shrimp to medium-high heat. Add 1 tsp. **olive oil**, **carrots**, half the **onion** and half the **corn** (reserve remaining of both for relish), and a pinch of **salt** and **pepper**. Cook, stirring occasionally, until vegetables soften, 4-5 minutes. Stir in **sherry**, **shrimp base**, **tomato paste**, and 4 cups **cold water**. Bring to a simmer, reduce heat to medium, and cook, stirring occasionally, 15-18 minutes. While soup simmers, make relish.



4

Make the Relish

Heat a small non-stick pan over medium-high heat. Add ½ tsp. **olive oil**, **roasted red peppers**, remaining **corn**, and remaining **onion** to hot pan. Cook undisturbed until lightly charred, 2 minutes. Cook, stirring occasionally, until vegetables soften, 2-3 minutes. Remove from burner. Season with ¼ tsp. **salt**, a pinch of **pepper**, and a pinch of **parsley** (reserve remaining for garnish).



5

Finish the Soup

Carefully pour **soup** in blender. Remove clear insert from lid and cover blender with dish towel. *It is very important to remove insert before blending to avoid exploding soup!* Blend until very smooth, 1-2 minutes. Return blended **soup** to pot with **cream**. Place over medium-high heat. Bring to a simmer and cook, stirring occasionally, until slightly thickened, 3-5 minutes. Season to taste with **salt**.



6

Plate the Dish

Pour **soup** in a bowl. Top with **shrimp** and **relish** and garnish with remaining **parsley**.