

## Clam & Sweet Kumura Chowder (Gluten & dairy free)

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.

### ***For 4 Servings:***

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 thyme - fresh or dried

Seasoning to taste