



Total Time  
**MIN.**

Serving Size

Difficulty  
**MEDIUM**

A carrot and ginger base with Thai flavours and fresh seafood lends a rich, flavourful twist to a French classic.

Yields  
**12**

**INSTRUCTIONS**

1. Thaw Carrot, Parsnip Bisque with Ginger according to package directions.
2. In large pot set over medium heat, heat bisque, coconut milk, red curry paste and fish sauce; bring to simmer.
3. Reduce heat to medium-low. Discard any open clams that do not close when tapped; add shrimp, fish and clams to bisque. Simmer for about 5 minutes or until shrimp are pink and clams open (discard any unopened clams.)
4. Stir in lime and orange juice. Top with cilantro and green onions.
5. Divide evenly among 12 bowls.

**Nutrition Facts**

Serving Size

**Amount Per Serving**

**Calories** 350

% Daily Value

**Total Fat** 21g **32%**

**Saturated Fat** g **0%**

**Cholesterol** mg **0%**

**Sodium** 1100mg **46%**

**Total Carbohydrate** 18g **6%**

**Dietary Fiber** 2g **8%**

**Protein** 4g **8%**

Vitamin A % Vitamin C %

Calcium 10% Iron %