

# Spicy Fish Stew

Recipe by Ceri Morgan  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	360 kj	4%
Energy (kcal)	86 kcal	4%
Fat	4.1g	6%
of which saturates	0.7g	4%
Carbohydrate	2.7g	1%
of which sugars	2.2g	2%
Fibre	1.2g	5%
Protein	7.9g	16%
Salt	0.43g	7%

Generated by Nutritics v5.61 on 22nd Jan 2021

### INGREDIENTS (Serves 4):

400g mixed **FISH** fillets and **CRUSTACEANS** (tuna, salmon, cod, haddock, whiting, **SCALLOPS OR PRAWNS**)  
 200g can chopped tomatoes  
 2 tbsp extra virgin olive oil  
 1 onion (finely chopped)  
 1 stick **CELERY** (finely chopped)  
 3 small courgettes (cut into large chunks)  
 1 clove garlic (crushed)  
 1 tbsp dried rosemary, 1 sprig of thyme, 1 bay leaf, ½ tsp ground cumin, 1 tbsp tomato puree, 2 tsp **SESAME** oil  
 75ml white wine (**SULPHITES**) - optional  
 150ml gluten free veg stock  
 2 tbsp fresh coriander plus few sprigs for garnish  
 freshly ground pepper to taste  
 1 tbsp Lemon juice

### METHOD:

1. Remove any skin and bones from the fish and cut into bite sized chunks. Put in a bowl with the lemon juice and black pepper and put to one side.
2. Heat the oil in a casserole and soften the onion and celery over a low heat. Add the courgettes and garlic and cook over medium heat until the onion starts to colour slightly.
3. Add the herbs, cumin, tomatoes, puree and sesame oil. Simmer for a couple of minutes then add the white wine. Bubble for a few minutes to burn off the alcohol and then add the stock. Simmer for 15 minutes.
4. Add the fish and cook gently for 10-15 minutes until the fish is just cooked. Serve with fresh coriander sprig garnish and brown rice or flatbread

### ALLERGENS



### MODIFY

You can replace the white wine with stock if you don't want to use alcohol.  
 You can add a red chilli if you like it a bit more spicy

### CREDIT

Recipe by: Rowena Paxton  
 Photo by: Louis Hansel @shotsoflouis

