



rootmatters

Recipe

Fish Stew Mediterranean Style



SERVINGS: 4
PREP TIME: 15 mins
COOKING TIME: 45 mins

METHOD

1. Heat the olive oil in a large pan on a medium heat. Add the onions and celery and cook for 5 minutes. Add the garlic and cook for another 5 minutes, stirring occasionally, until soft but not coloured.
2. Add the tomatoes, potatoes and bay leaves and pour in the stock. Season with sea salt and black pepper and bring it all to the boil. Reduce to a low heat and simmer for 15 minutes. Add your fish fillets and bring back to the boil, then reduce to a medium-low heat and simmer for a further 15 minutes. Once the potatoes are tender and the fish is cooked through and flakes apart, stir in the lemon juice and herbs, drizzle with extra virgin olive oil and further season to taste.
3. Serve as is, or with chunks of warm rustic bread.

TIPS

*Best to source sustainable meaty fish with skin off to absorb maximum flavours.

INGREDIENTS

2 tbsp Olive Oil
2 Onions, peeled and roughly chopped
4 sticks Celery, roughly chopped
5 cloves Garlic, peeled and roughly chopped
3 Beef Tomatoes, roughly chopped
500g Potatoes, peeled and cut into 3-4cm chunks
3 Bay Leaves
1 litre Organic Vegetable Stock
700g Fresh Fish Fillets (Cod or Hake is good)
1 Lemon juiced
15g (½ bunch) Fresh Flat-Leaf Parsley, roughly chopped
15g (½ bunch) Fresh Dill, roughly chopped
Extra Virgin Olive Oil
1 loaf Rustic Bread to serve or good on it's own!

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