

# spicy mediterranean seafood soup

 **SERVES** 4 ppl

 **PREP TIME** 10 mins

 **COOK TIME** 40 mins

## PER SERVE

**Calories 307 Cal (or 1284 kJ)**

**Fat 7.2 g**

**Saturated fat 1.3g**

**Protein 42.1g**

**Carbohydrate 8.7g**

**Sugars 8.4g**

**Fibre 4.8g**

**Cholesterol 168mg**

**Sodium 1048mg**

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|---|---|
| <input type="checkbox"/> 1 tablespoon olive oil                           | <input type="checkbox"/> 1 fennel bulb finely sliced  |
| <input type="checkbox"/> 1 leek white part only, finely sliced and washed | <input type="checkbox"/> 1 teaspoon dried chillies  |
| <input type="checkbox"/> 2 sticks celery sliced                           | <input type="checkbox"/> 1 x 400 grams tin chopped tomatoes   |
| <input type="checkbox"/> 2 garlic cloves crushed                          | <input type="checkbox"/> 1 glass (160ml) dry white wine   |
|   | <input type="checkbox"/> 2 cups chicken stock or fish stock   |
|   | <input type="checkbox"/> 500 grams white fish fillet (blue eye cod, flathead or snapper), sliced into 3 cm chunks |
|   | <input type="checkbox"/> 300 grams green king prawns deveined with tails intact                                   |
|   | <input type="checkbox"/> 1/3 cup flat leaf Italian parsley roughly chopped  |
|   | <input type="checkbox"/> 2 tablespoons freshly squeezed lemon juice   |
|   | <input type="checkbox"/> 1 lemon zest (finely grated)   |



*Low in fat and saturated fat, high in protein, provides good amounts of potassium, selenium and iodine*

Heat oil in a heavy based saucepan over medium heat. Add leek, celery, garlic and fennel and cook for 10 minutes or until vegetables are soft. Add diced chillies, tomatoes, wine and stock and bring to the boil.

Reduce heat and simmer for 20 minutes. Add fish and prawns. Simmer for a further 10 minutes until seafood is just cooked.

Gently stir through parsley, lemon zest and lemon juice, reserving a little parsley and zest to garnish, if desired. Season to taste.

307 CALORIES

SEAFOOD

SOUPS

MEDITERRANEAN