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more to **life...**



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Jesus.*



Easy Bouillabaisse

Recipe from www.allrecipes.com.au

Ready in 40 minutes (Prep: 15 minutes | Cook: 25 minutes)

Serves: 12

Ingredients

- 3/4 cup (190ml) olive oil
- 2 onions, thinly sliced
- 2 leeks, sliced
- 3 tomatoes - peeled, seeded and chopped
- 4 cloves garlic, crushed
- 1 sprig fresh thyme
- 1 bay leaf
- 1 teaspoon orange zest
- 375g mussels, scrubbed and debearded
- 375g raw prawns, peeled and deveined
- 8 cups (2 litres) boiling water
- salt and freshly ground black pepper to taste
- 1 1/2 kg red mullet or sea bass
- 1 pinch saffron threads

Preparation method

1. Heat the olive oil in a large saucepan, and add the onions, leeks, tomatoes and garlic. Cook and stir over a low heat for a few minutes until all vegetables are soft.
2. Stir in the thyme, bay leaf and orange zest. Add shellfish and boiling water; stir to combine. Season to taste with salt and black pepper. Turn up the heat to high and boil for about 3 minutes to allow the oil and water to combine.
3. Add fish and reduce the heat to medium. Continue cooking for 10 - 12 minutes, or until fish is cooked. The fish should be opaque and tender, but still firm. Fish should not be falling apart.
4. Taste the bouillabaisse and adjust the seasoning. Stir in saffron, and then pour soup into a warmed tureen or soup dishes. Serve immediately.

Nutrition

- Energy 1516.28 kJ
- Total Fat 18 g
- Sodium 186.5 mg
- Total Carbs 6 g
- Fibre 1 g
- Protein 42.3 g