

there must be
more to **life...**



*Discover
Jesus.*



Fish stew

0:15 Prep 0:17 Cook 4 Servings

INGREDIENTS

- 1 tablespoon extra-light olive oil
- 4 garlic cloves, finely chopped
- 1 teaspoon ground turmeric
- 2 x 400g cans whole peeled tomatoes
- 400g can cannellini beans, drained, rinsed
- 600g ling fish fillets, cut into large pieces (see note)
- 1/3 cup fresh coriander leaves, chopped
- 4 crusty wholegrain bread rolls, to serve

METHOD

1. Heat oil in a large saucepan over medium heat. Add garlic. Cook, stirring, for 1 minute. Add turmeric. Cook, stirring, for 30 seconds. Reduce heat to low. Stir in tomatoes and 1 cup of cold water. Cover and bring to the boil. Simmer, covered, for 10 minutes.
2. Add beans and return to the boil. Add fish. Cover and cook for 5 minutes or until fish is cooked through.
3. Spoon stew into bowls and sprinkle with coriander. Serve with bread rolls.

NUTRITION

1756 kj

ENERGY

7.9g

FAT TOTAL

1.1g

SATURATED FAT

• 10.4g

FIBRE

• 41.3g

PROTEIN

• 69mg

CHOLESTEROL

• 625mg

SODIUM

• 40.6g

CARBS (TOTAL)

All nutrition values are per serve

NOTES

Snapper or bream are also suitable.

Recipe from:

www.taste.com.au/recipes/fish-stew/36bc5470-4a75-4662-9650-d6b3f08a0b01