

## **Fish Stew**

This is a super easy, hearty recipe that's also very versatile. You can use any amounts of different fish and shellfish and to make it even more filling, add some cooked new potatoes, chickpeas or beans. Greens like spinach, green beans or peas also work really well.

Using our homemade fish soup as a base, this dish is inspired by the famous French fish stew bouillabaisse from the port city of Marseilles. It's a very fragrant stew to which you can add a variety of fish and shellfish. All of the following ingredients are available in our shop.

### **Ingredients:**

- 200g salmon or mixed firm fish
- 1 tub Sandys fish soup
- ¼ bunch of parsley roughly chopped
- 1 lemon
- 1 pot of Rouille red pepper sauce - optional

### **Tip:**

To test the fish use a thin knife or skewer and push into the thickest part of the fish, if it slides in with no resistance or springiness it's done! Place a large dollop of Rouille sauce on top the stew, with a lemon wedge and dressing of parsley before serving.

### **Method:**

- Put the sauce in a pan
- Place the salmon on top placing a lid on the pan and steadily bring the stew up to the boil
- Once it starts to bubble, reduce the heat to a gentle simmer until the fish is cooked this should take about 12 – 15 minutes
- If using raw shellfish cook in the sauce for approximately 5 minutes until they are all open
- If using our frozen seafood mix or cooked shellfish make sure it is defrosted and simply heat through in the sauce
- If the sauce gets to thick just add a touch of water

