



Product Spotlight: Chicken Stock Paste

Urban Forager chicken stock concentrate uses 100% Australian ingredients, is locally produced and is made with real chicken and vegetables.

 **URBAN FORAGER**

Portuguese Fish Stew

A hearty Portuguese-style fish stew with tender vegetables in a mild smoky tomato broth, served with crusty sourdough rolls.



35 minutes



Fish



4/6 servings

Make garlic bread!

Jazz up your bread with a delicious garlic butter! Combine crushed garlic and some chopped fresh parsley with softened butter. Slice rolls in half lengthways and spread butter on cut sides before toasting in oven.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	3g	51g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CARROTS	2	2
MEDIUM POTATOES	3	4
RED CAPSICUM	1	2
PERI PERI SPICE MIX	26g	26g + 13g
CHICKEN STOCK PASTE	1 jar	1 jar
TINNED CHOPPED TOMATOES	400g	2 x 400g
SOURDOUGH ROLLS	2-pack	2 x 2-pack
WHITE FISH FILLETS	2 packets	3 packets
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, butter (optional for bread)

KEY UTENSILS

large saucepan or heavy base pan

NOTES

You can slice rolls and spread with garlic butter to make garlic bread.

No gluten option - sourdough rolls are replaced with GF bread.

Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder, garlic powder.



1. SAUTÉ THE VEGETABLES

Set oven to 200°C.

Heat a heavy base pan (or large saucepan) over medium heat with **olive oil**. Dice **onion**, **carrots** and **potatoes** (2–3cm). Slice **capsicum**. Add **vegetables** to pan with **peri peri spice mix** and cook for 5 minutes until fragrant.



4. ADD THE FISH

Rinse **fish fillets** and cut into large chunks. Stir gently into **stew** and simmer for 5 minutes until cooked through. Stir in **2 tbsp olive oil** and season with **salt and pepper** to taste.

6P- stir in 3 tbsp olive oil.



2. SIMMER THE STEW

Stir in **chicken stock paste**, **chopped tomatoes** and **2 1/2 cups water**. Increase heat to medium-high. Cover and simmer for 15 minutes until **vegetables** are tender.

6P- use 3 cups water.



5. FINISH AND SERVE

Chop **parsley** and use to garnish **stew**. Serve at the table with toasted **sourdough rolls** and **butter** (if using).



3. TOAST THE ROLLS

Toast **sourdough rolls** in oven for 3–5 minutes until golden and crusty (see notes).

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