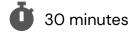




# Portuguese Fish

Fresh fish cooked in a delicate tomato broth with flavours of cinnamon and coriander, served with tender baby potatoes tossed with parsley.





4 servings



You can add olives, capers or fresh chilli to this stew if you have some. Garnish with lemon zest and serve with a squeeze of lemon juice too!

PROTEIN TOTAL FAT CARBOHYDRATES

## FROM YOUR BOX

BABY POTATOES	800g
BROWN ONION	1
RED CAPSICUM	1
TOMATOES	3
GARLIC	2 cloves
TOMATO PASTE	1 sachet
CHICKEN STOCK PASTE	1 jar
PARSLEY	1/2 bunch *
WHITE FISH FILLETS	2 packets

<sup>\*</sup>Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, salt and pepper, ground coriander, ground paprika, ground cinnamon, red wine vinegar

### **KEY UTENSILS**

large frypan with lid, saucepan

### **NOTES**

Rinse the fish fillets before cooking to remove any stray scales.

No fish option - white fish fillets are replaced with diced chicken breast. Add the chicken to the stew in step 3 with the spices. Simmer for 15 minutes or until chicken is cooked through.



## 1. BOIL THE POTATOES

Place potatoes in a saucepan and cover with water (halve any larger ones). Bring to the boil and simmer for 10-15 minutes, or until tender (see step 4).



# 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with 3 tbsp olive oil. Thinly slice onion and add to pan. Slice capsicum and tomatoes into rounds. Add to pan as you go.



# 3. SIMMER THE STEW

Add 2 crushed garlic cloves, 1 1/2 tsp ground coriander, 1 1/2 tsp paprika and 1 tsp cinnamon to the pan. Stir in tomato paste, stock paste and 1 1/2 cups water. Increase heat to medium-high, cover and simmer for 10 minutes.



# 4. TOSS POTATOES

Meanwhile, drain cooked potatoes and return to saucepan. Chop parsley to yield 1 tbsp and toss with potatoes along with olive oil, salt and pepper.



# 5. ADD FISH TO STEW

Rinse fish fillets and add to stew. Simmer for 5 minutes or until fish is cooked through. Stir in 1 tsp vinegar and season with salt and pepper.



# 6. FINISH AND PLATE

Divide potatoes and fish stew among shallow bowls. Garnish with remaining parsley leaves.

