Great RECIPES

Spanish Fish Stew.

Serves 2.

Ingredients:
500ml MK Cherry Tomato & Paprika Soup
200g RM Chickpeas, cooked
2 Sustainable Fish Cutlets such as Spanish mackerel
1 small calamari tube cleaned and finely sliced
150g Green Prawn Meat, deveined
85g J.Vella Riojia Peppers
Feliubadalo Salsa All I Oli to serve.

For the Sauce.
Pre-heat the oven to 200°C.
Roughly chop half of the peppers and combine in a shallow baking dish with chickpeas and soup.
Place the baking dish in the oven to heat while you prepare the seafood.

To prepare the seafood.
Sear the fish quickly on both side to brown slightly.
Retrieve the baking dish from the oven and gently push the fish and the remaining seafood into the sauce.
Return to the oven and bake until seafood is cooked. Approx.10 minutes

To serve.
Spoon sauce and seafood into shallow bowls. Top with fish cutlet and the remaining sliced peppers.
Dress with chopped parsley and a scoop of Salsa All I Oli .

Cook's Notes
We precook our chickpeas by throwing them in the slow cooker for 2-3 hours or a pressure cooker for 15 minutes covered in MK Stock. Keep them in the freezer once cooked for quick meals like this.
Serve with a crunchy salad of shaved fennel and red onion.
Stocks of Spanish mackerel are healthy around Australia and caught using line fishing methods. Therefore impacts on other species and habitats are negligible.
Soucre http://www.sustainableseafood.org.au/

www. RAWMATERIALS. com.au