



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FABULOUS FISH SOUP

Time: 30 minutes

Serves: 4

Ingredients:

1 tablespoon extra virgin olive oil
1 onion – chopped
4 stalks celery – chopped
3 cloves garlic – finely chopped or crushed
2 leeks – white portion only – thinly sliced
4 cups vegetable stock
2 tomatoes – chopped
2 bay leaves
½ teaspoon fresh ground black pepper
½ teaspoon kosher salt
1 pound pickerel (or other fresh fish) filets – cubed to ½ inch
½ cup Italian parsley – roughly chopped
1 tablespoon fresh dill – finely chopped
2 teaspoons fresh lemon juice

Preparation:

Heat the olive oil in a large pot over medium-high heat then add the onion, celery, garlic and leeks, stirring often for five minutes.

Bring heat to high. Add the vegetable stock, tomatoes, bay leaves, pepper and salt, bringing to a boil, then reduce heat to simmer partially covered for five minutes.

Add the pickerel, return to a boil and simmer partially covered for five more minutes.

Stir in the parsley, dill and lemon juice. Simmer for two minutes then remove from heat. Discard the bay leaves and serve immediately.

Nutritional Information Per Serving:

Calories: 180
Fat: 5g
Carbs: 10g
Fibre: 3g
Protein: 23g