



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SPICY SEAFOOD SOUP

Time: 40 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
1 large onion – chopped
1 green bell pepper – chopped
4 cloves garlic - very finely chopped or crushed
4 cups water
2 cups crushed tomatoes
2 teaspoons kosher salt
½ teaspoon crushed red chili flakes
1 ½ cups light coconut milk
1 pound fresh shrimp and/or scallops
2 teaspoons wine vinegar
½ teaspoon fresh ground black pepper
½ cup flat leaf parsley - chopped

Preparation:

Heat the oil on medium heat in a large pot. Once the oil is hot, add the onion, bell pepper and garlic. Cook, stirring occasionally for ten minutes.

Add the tomatoes, water, salt and chili flakes. Turn the heat to high, bring to a boil, then reduce heat to simmer for five minutes.

Stir in the coconut milk, return the soup to a simmer and add the seafood. Simmer for two minutes.

Remove from heat, then stir in the vinegar, pepper and parsley, serving immediately.

Nutritional Information Per Serving:

Calories: 306
Fat: 15g
Carbs: 15g
Fibre: 3g
Protein: 30g