

Kev's Kitchen

Time: 40 minutes

Serves: 4

Ingredients:

20g olive oil
4 cloves garlic - finely chopped
2 red chilli peppers - thinly sliced (optional)
1 large yellow onion - thinly sliced
2 red bell peppers - seeded and thinly sliced
2 green bell peppers - seeded and thinly sliced
10g salt
2g fresh ground black pepper
800ml can diced tomatoes
900ml vegetable stock
2 bay leaves
400g pickerel cheeks

Preparation:

Place a pot on medium-high heat, adding the olive oil, garlic, chillies, onion, bell peppers, salt and pepper. Stir occasionally for ten minutes.

Add the tomatoes, stock and bay leaves. Turn heat to high. Bring to a boil, then reduce heat to simmer for ten minutes.

Remove from heat, stir in the pickerel cheeks, cover and let stand for five minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 219
Fat: 6g
Carbs: 18g
Fibre: 5g
Protein: 23g