

# Fish, Fennel and Tomato Stew

**Calories:** 197 kcal

**Servings:** 6

**Time:** 45 Mins

## Ingredients

- 1.00 tbsp Basil (chopped)
- 2.00 whole Bay Leaves
- 1.00 pinch Black Pepper (ground)
- 240.00 g Brown Onions (chopped finely)
- 1.00 whole Can of Diced Tomatoes
- 1.00 pinch Cayenne Pepper (as per taste)
- 100.00 g Celery (chopped)
- 2.00 whole Fennel Bulb (trimmed, thick outer leaves removed, thinly sliced)
- 3.00 cups Fish Stock (Campbell's Real Fish Stock, Liquid)
- 2.00 clove Garlic (crushed)
- 2.00 tsp Lemon Zest
- 1.00 pinch Lite Salt
- 1.00 tbsp Olive Oil
- 2.00 tbsp Parsley (flat leaf, fresh, chopped)
- 1.00 pinch Saffron
- 2.00 tbsp Tomato Paste
- 0.50 cup Water
- 720.00 g White fish fillets (Firm Fish Appropriate for Stewing)

## Instructions

1. Heat oil in a large saucepan over medium heat, add onion and garlic and cook stirring until onion is soft. Add fennel slices and celery, cook until fennel is soft.
2. Add stock, can of tomatoes, tomato paste, water, bay leaves, basil, saffron salt and pepper and stir to combine. Cover with a tight-fitting lid and bring to the boil, reduce heat to medium-low and simmer for 20 minutes.
3. Cut fish into large pieces, add to tomato mixture cover. and cook, stirring occasionally for 3 minutes until fish is cooked through.
4. Stir through parsley, lemon rind and cayenne pepper. Spoon in to serving bowls.