

Mediterranean Fish Stew

PREP TIME:

20 minutes

COOKING TIME:

LOW: 6 - 8 hours
OR
HIGH: 3 - 4 hours

SERVES:

6

INGREDIENTS:

2 tbsp olive oil
1 1/2 cups / 1 medium onion, sliced
1 tsp / 2 garlic cloves, minced
1 red chilli, finely chopped *optional*
3 tbsp tomato paste
1 x 28 oz can diced tomatoes
1/2 cup / 4 fl oz white wine
1 cup / 8 fl oz bottled clam juice
1 Mediterranean blend
1 small orange, juiced and zested
1lb skinless white fish fillets, cut into large chunks
medium size raw shrimp
handful flat-leaf parsley

PREPARE:

heat the olive oil in a skillet over a medium heat

add the onions, and garlic, cook gently for 2 minutes

add the onion mixture to the slow cooker and stir in the chili, tomato paste, tomato sauce, white wine, clam juice and Mediterranean blend

cover and cook on LOW for 6 - 8 hours or HIGH for 3 hours.

remove the lid and stir in orange juice and zest, add the white fish and shrimp

replace the lid and leave to poach on LOW for 1 hour or HIGH for 30 minutes

serve with chopped parsley and garlic toasts or croutons

