

FISH STEW WITH PEPPERS & ALMONDS

SERVES 4 / PREPARE 5 MINS / COOK 45 MINS

Ingredients

6tbsp	Refined olive oil	150ml	White wine
1	Spanish onion (large), finely chopped	30ml	Fish stock
2	Garlic cloves, thinly sliced	Pinch	Saffron infused in 4 tbsp boiling water
3	Bay leaves	150g	Whole blanched almonds, lightly toasted and ground
2	Red peppers, deseeded and thinly sliced	650g	Monkfish fillets, cut into chunks about 5 cm
1tsp	Sweet smoked Spanish paprika	500g	Clams, well rinsed
400g	Plum tomatoes or passata		Sea salt & pepper

Instructions

Heat the oil in a large saucepan over a medium heat. Add the onion and a pinch of salt. Cook the onions until golden and sweet, about 15-20 min on a slow heat.

Add the garlic, bay and red peppers and allow the peppers to soften for 10 min. Add the paprika and tomatoes or passata and simmer for 10 min. Increase the heat, add the wine and allow the alcohol to evaporate (about 4 min).

Add the stock and the saffron with the water and thicken the base with the almonds. Taste and adjust seasoning.

This base can be done in advance and refrigerated until just before dinner.

When you are ready to eat, ensure the stock is bubbling and then add the monkfish and clams. Put the lid on and simmer for about 5 min, for the fish to cook and the clams to steam open.

Serve with steamed new potatoes or wholemeal crusty bread. Leftover sauce can be frozen and used with prawns, squid rings or mussels for a quick and easy supper.

Tip: You can add cooked crushed potatoes to the stew when you add the fish to get a bit more flavour into them.



Nutrifacts



Monkfish is high in lean **PROTEIN** and low in **FAT**. It contains plenty of **B VITAMINS** that help our bodies produce energy. **VITAMIN B12** is also important to support nerve health.

Clams are high in **VITAMIN C** as well as **IODINE** to support thyroid function. They also contain good levels of **IRON** to help red blood cells transport oxygen round the body.

Almonds are high in **FIBRE** and vegetarian protein and good source of dairy-free **CALCIUM** for healthy teeth and bones.

Garlic is high in an important antioxidant, **VITAMIN C** which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Sweet peppers are very high in **BETACAROTENE**, a **VITAMIN A** precursor, which acts as powerful antioxidant and helps maintain healthy skin and potassium to help maintain healthy blood pressure. Peppers are also rich in **VITAMIN C**, an antioxidant that helps support the immune system and potassium which is important to regulate blood pressure and deficiency may lead to muscle weakness and cramps, constipation & fatigue.