



Mediterranean fish stew with garlic toasts



Dairy Free



Popular

READY IN



85 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 1 large onion sliced
- ☐ 2 garlic cloves sliced
- ☐ 1 chilli red finely chopped
- ☐ 2 tbsp tomato purée
- ☐ 1 kg tomatoes roughly chopped
- ☐ 200 ml white wine
- ☐ 350 ml fish stock

- ☐ 3 strips orange zest
- ☐ 1 kg pacific halibut filets skinless cut into large chunks
- ☐ 500 g clams
- ☐ 400 g prawns raw
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 1 large ciabatta loaf cut into 1cm slices
- ☐ 5 tbsp olive oil
- ☐ 2 garlic cloves halved

Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ To make the garlic toasts, drizzle the bread with oil, then griddle or grill until golden all over. While the toasts are still hot, rub them with garlic and set aside.
- ☐ Heat the oil in a wide, deep frying pan.
- ☐ Add the onion and cook over a gentle heat for 5 mins until softened. Stir through the garlic and chilli and cook a couple of mins more.
- ☐ Add the tomato pure and tomatoes. Turn up the heat and cook for 10–15 mins, stirring until the tomatoes are pulpy.
- ☐ Pour over the wine and cook for 10 mins more until most of it has boiled away.
- ☐ Add the fish stock and orange zest and heat until gently simmering. Nestle the halibut chunks into the liquid and cook for 5 mins.
- ☐ Add the clams and prawns and cook for 5 mins more until the fish is cooked through and the clams have opened (discard any that havent).
- ☐ Sprinkle the parsley over the stew and serve with the garlic toasts.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:26.131304554317%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 474.45kcal (23.72%), Fat: 17.24g (26.52%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 33.42g (12.15%), Sugar: 4.88g (5.42%), Cholesterol: 127.06mg (42.35%), Sodium: 803.08mg (34.92%), Alcohol: 2.61g (100%), Alcohol %: 0.69% (100%), Protein: 38.73g (77.46%), Selenium: 75.38µg (107.68%), Vitamin B3: 10.62mg (53.09%), Vitamin B12: 3.03µg (50.57%), Phosphorus: 495.78mg (49.58%), Vitamin B6: 0.96mg (47.97%), Vitamin D: 5.93µg (39.5%), Vitamin C: 28.66mg (34.74%), Potassium: 1030.39mg (29.44%), Vitamin E: 4.37mg (29.15%), Vitamin A: 1363.08IU (27.26%), Vitamin K: 27.89µg (26.56%), Magnesium: 63.06mg (15.77%), Manganese: 0.28mg (13.79%), Folate: 51.99µg (13%), Copper: 0.25mg (12.71%), Fiber: 2.69g (10.74%), Vitamin B1: 0.14mg (9.27%), Zinc: 1.36mg (9.04%), Vitamin B5: 0.79mg (7.85%), Calcium: 77.69mg (7.77%), Iron: 1.26mg (7.02%), Vitamin B2: 0.11mg (6.2%)