



HEALTH SCORE

78%

Summer fish stew with rouille



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



2

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large shrimp raw
- ☐ 3 tbsp olive oil
- ☐ 150 ml wine dry white
- ☐ 200 ml fish stock fine (a cube is)
- ☐ 1 small fennel bulb halved thinly sliced (140g 5oz)
- ☐ 1 small onion thinly sliced
- ☐ 3 garlic clove thinly sliced
- ☐ 1 large potatoes (I used King Edward)

- ☐ 1 cranberry–orange relish
- ☐ 1 star anise
- ☐ 1 bay leaves
- ☐ 1.5 tsp harissa (I used Belazu)
- ☐ 2 tbsp tomato purée
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 handful mussels
- ☐ 200 g fish fillet skinless white cut into very chunky pieces (I used cod loin)
- ☐ 9 servings thyme leaves
- ☐ 3 tbsp olive oil bought
- ☐ 2 servings top

Equipment

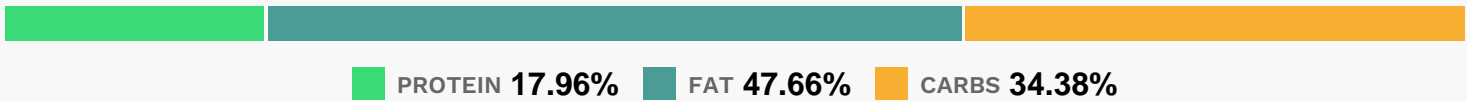
- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Twist the heads from the prawns, then peel away the legs and shells, but leave the tails intact. Devein each prawn. Fry the shells in 1 tbsp oil for 5 mins, until dark pink and golden in patches.
- ☐ Add the wine, boil down by two thirds, then pour in the stock. Strain into a jug, discarding the shells.
- ☐ Heat the rest of the oil in a deep frying pan or casserole.
- ☐ Add the fennel, onion and garlic, season, then cover and gently cook for 10 mins until softened. Meanwhile, peel the potato and cut into 2cm-ish chunks. Put into a pan of cold water, bring to the boil and cook for 5 mins until almost tender.
- ☐ Drain in a colander.
- ☐ Peel a strip of zest from the orange.
- ☐ Put the zest, star anise, bay and tsp harissa into the pan. Fry gently, uncovered, for 5–10 mins, until the vegetables are soft, sweet and golden.

- ☐ Stir in the tomato pure, cook for 2 mins, then add the tomatoes and stock. Simmer for 10 mins until the sauce thickens slightly. Season to taste. The sauce can be made ahead, then reheated later in the day. Meantime, scrub the mussels or clams and pull away any stringy beards. Any that are open should be tapped sharply on the worktop if they dont close after a few seconds, discard them.
- ☐ Reheat the sauce if necessary, then stir the potato, chunks of fish and prawns very gently into the stew. Bring back to the boil, then cover and gently simmer for 3 mins. Scatter the mussels or clams over the stew, then cover and cook for 2 mins more or until the shells have opened wide. Discard any that remain closed. The chunks of fish should flake easily and the prawns should be pink through. Scatter with the thyme leaves.
- ☐ To make the quick rouille, stir the rest of the harissa through the mayonnaise.
- ☐ Serve the stew in bowls, topped with spoonfuls of rouille, which will melt into the sauce and enrich it. Have some good bread ready, as youll definitely want to mop up the juices.

Nutrition Facts



Properties

Glycemic Index:230.88, Glycemic Load:34.59, Inflammation Score:-10, Nutrition Score:46.946086883545%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 18.15mg, Hesperetin: 18.15mg, Hesperetin: 18.15mg, Hesperetin: 18.15mg Naringenin: 10.32mg, Naringenin: 10.32mg, Naringenin: 10.32mg, Naringenin: 10.32mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 884.56kcal (44.23%), Fat: 45.81g (70.47%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 59.46g (21.62%), Sugar: 24.63g (27.37%), Cholesterol: 98.44mg (32.81%), Sodium: 821.06mg (35.7%), Alcohol: 7.84g (100%), Alcohol %: 1.01% (100%), Protein: 38.84g (77.68%), Vitamin C: 117.3mg (142.18%), Vitamin K: 115.74µg (110.23%), Potassium: 2680.92mg (76.6%), Vitamin E: 10.32mg (68.8%), Selenium: 47µg (67.15%), Vitamin B6: 1.29mg (64.7%), Manganese: 1.29mg (64.33%), Fiber: 14.88g (59.52%), Vitamin B3:

11.24mg (56.21%), Phosphorus: 550.12mg (55.01%), Copper: 1.03mg (51.48%), Iron: 7.85mg (43.59%), Magnesium: 172.37mg (43.09%), Folate: 148.13µg (37.03%), Vitamin B1: 0.46mg (30.36%), Vitamin B12: 1.74µg (29.05%), Calcium: 283.42mg (28.34%), Vitamin B2: 0.39mg (22.94%), Vitamin B5: 2.23mg (22.27%), Vitamin A: 1069.42IU (21.39%), Vitamin D: 3.1µg (20.67%), Zinc: 2.58mg (17.23%)