

# Fish Stew with Gremolata



Preparation  
Time



Cooking  
Time



Serves



## Ingredients:

- 1 onion, chopped
- 3 garlic cloves
- ½ cup white wine
- 500g firm white flesh fish
- 10 tomatoes, chopped
- 2 cups fish stock
- 1 bunch parsley, leaves removed, finally chopped
- 1 bay leaf
- Juice and zest of 1 lemon
- 2 tablespoons extra virgin olive oil

## Method:

- Heat 1 tablespoon olive oil in a sauté pan over medium heat. Cook onion until soft.
- Add garlic and cook for a further minute and add white wine. Add fish tomatoes, fish stock, ½ the parsley and bay leaf. Cook for 20 minutes or until fish flakes easily.
- For the Gremolata, combine remaining parsley, lemon juice and oil in a bowl, season to taste.
- Serve fish stew with gremolata.

**Do you like this recipe?** You might be interested in more recipes developed by Amie Harper, food and nutrition expert – [www.thinkpei.com.au](http://www.thinkpei.com.au)

<b>Nutrition:</b>	<b>Per serve (4 serves total)</b>	<b>Per 100g</b>
Energy	1285kJ	171kJ
Protein	28g	4g
Fat total	12g	2g
Saturated fat	2g	0.30g
Monounsaturated fat	7g	1g
Polyunsaturated fat	1g	0.16g
Trans fat	0.03g	0g
Very long chain N3 fatty acids	0.10g	0.01g
Carbohydrates	15g	2g
Sugars	13g	2g
Fibre	7g	1g
Sodium	487mg	65mg

## Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.