1 # Fish in Crazy Water
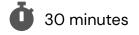
White fish fillets poached in a flavourful tomato broth with vegetables and butter beans. Garnished with fresh parsley.

Bulk it up!

Serve this dish with some crusty bread, garlic bread, cooked pasta or noodles if you want to bulk it up.

🕑 30 minutes   🍴 2 servings   🐟 Fish

15 October 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	3g	47g

1. PREPARE VEGETABLES

Slice onion. Roughly chop tomatoes, capsicum and zucchini. Crush garlic cloves.

2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil.** Add onion, garlic, tomato paste and **1 tsp curry powder** to pan. Cook, stirring, for 2 minutes.

3. ADD THE VEGETABLES

Add remaining prepared vegetables to pan. Cook for 2 minutes. Pour in butter beans (including liquid) along with **3/4 tin water** and crumble in **stock cube.** Simmer, semi-covered, for 15 minutes. Season with **salt and pepper.**

4. ADD FISH TO THE BROTH

Trim and slice green beans. Add to broth along with whole fish fillets (see notes). Poach for 3-4 minutes, covered, or until fish is cooked through.

5. FINISH AND SERVE

Roughly chop parsley leaves. Spoon broth and fish fillets into bowls. Garnish with parsley.