



Healthy  
Eating

# Recipe of the week

## Fish Stew

### Ingredients

- 4 small potatoes, sliced
- 1 tbsp. oil
- 3 tbsp. grated fresh ginger or ginger puree
- 1 tbsp. garlic puree
- 1 tin chopped tomatoes
- 600g white fish, cut into chunks
- 2 tbsp. chopped fresh parsley
- 2 vegetable stock cubes (enough to make 600ml)
- ¼ tsp. ground black pepper

### Step 1

Boil or steam the potatoes for 10 minutes or until tender. Heat the oil and add the ginger, garlic, tomatoes and black pepper. Cook for 3 minutes..

### Step 2

Add the stock, bring to a boil then simmer for 10 minutes. Add the potatoes and simmer for a further 5 minutes.

### Step 3

Add the fish ensuring there is enough liquid to cover it. Cook for 5 minutes or until fish is opaque and flakes. easily