

Together at Home

Healthy Recipe of the Week

In Partnership with ShowMe.Fit by Gregg Wallace



Fish Stew

Ingredients:

Serves 4

- 1 tin of chopped tomatoes
- 1 tbs olive oil
- 1 tsp cayenne pepper
- 1 tsp garlic granules
- 300g frozen peppers
- 300g frozen peas
- 1 onion (sliced)
- 350g frozen seafood mix
- 400g frozen fish of your choice (we used cod)
- 500ml vegetable stock

Instructions:

1. Pre-heat oven to 190°C
2. Prepare your ingredients
3. Add all of your ingredients to an oven proof dish, stir, put lid on and place in oven for 25 mins
4. Enjoy!



HOME HOUSE COLLECTION



Equipment:

Oven proof dish with lid