



HEALTHY

Spanish-Style Fish Soup

with Aioli



30-40min



2 Portions

Few cultures do seafood soups better than the Spanish, so we've stayed classic with this light and tempting bowl. Simply saute the sofrito base of onion, garlic and celery, stir in the potatoes, tomatoes, stock and smoky Spanish spices, then add the barramundi for the last few minutes of cooking. Simple, healthy, sensational.

What we send

- potato
- lemon
- vegetable stock cube
- diced tomatoes
- onion
- parsley, garlic, celery
- Spanish spice mix ¹⁷
- aioli mayonnaise ³
- 2 barramundi fillets ⁴

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- sea salt and pepper
- sugar

Utensils

- fine grater
- large saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

To remove fish skin, make a slight incision with a sharp knife between the flesh and skin. Grip the skin tightly and slice in a downward motion, pushing the blade into the skin.

Allergens

Egg (3), Fish (4), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 515kcal, Fat 30.6g, Carbs 24.6g, Proteins 30.0g



1. Prepare vegetables

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Coarsely chop the **celery**. Peel and cut the **potato** into 2cm chunks. Finely grate the zest of **half the lemon****, then juice the half.



4. Cook soup

Add the **stock**, **diced tomatoes** and **¼ tsp sugar** to the vegetable mixture and bring to a simmer. Cook, covered, for 15-18 mins until the potato is almost tender. Meanwhile, finely chop the **parsley**, including the stems.



2. Prepare fish

Put the **fish** on a board and using a sharp knife, carefully slice between the skin and the flesh, to remove the skin (see cooking tip). Cut the fish into 3cm chunks. Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to dissolve.



5. Cook fish

Add the **fish** to the soup and cook for 4 mins or until the fish is cooked through. Taste, then season with **salt and pepper**.



3. Cook vegetables

Heat **1 tbs olive oil** in a large saucepan over medium heat. Cook the **onion**, **garlic** and **celery**, stirring, for 5 mins or until softened. Add the **potato** and **2 tsp Spanish spice blend****, season with **salt and pepper** and stir well to coat the potato.



6. Get ready to serve

Stir the **lemon zest**, **lemon juice** and **three-quarters of the parsley** into the soup. Divide the **soup** among bowls. Scatter over the **remaining parsley**, then serve with the **aioli**.