

CALORIE CONTROL RECIPES

MAINS

Irish Fish Stew – serves 8

680 g firm white fish, cut into pieces
2 dessertspoon lemon juice
freshly ground black pepper
1 dessertspoon olive oil or grapeseed oil
30 g butter
1 small bunch spring onions, cut into strips
2 leaks, cut into chunks
425 ml milk
1-2 bayleaves
2 carrots, cut into pieces
1 small can of white beans (approx. 115 g)
70 ml cream (optional)
fresh chopped parsley

Sprinkle fish pieces with lemon juice and black pepper. In a large pan, heat oil and butter, then lightly cook spring onions and leak. Add fish pieces, and toss lightly for several minutes. Add milk, bayleaves, carrots and beans. Poach gently for 10-12 minutes until the fish is tender. Don't overcook! Just before serving remove bayleaves, add cream if desired and garnish with fresh chopped parsley.